

Washington State Child Care Basic
Presented by Pillars of Excellence LLC
Outline – Module Seven

Overview Module 8 Healthy Practices (Part 2)

This module is designed to address the concepts of wellness, nutrition and fitness in early childhood and introduce the basic licensing requirements for the Washington Administrative Code (WACs) for healthy practices.

Student Outcomes:

- ✓ The student will demonstrate healthy practices: hand-washing, diapering, food- handling and meal/snack procedures.
- ✓ The student will describe basic daily nutrition, exercise, and sleep needs of children.
- ✓ The student will identify signs of and care for basic childhood illnesses and injuries.

Required Reading:

Child Care Center Licensing Guidebook (2nd ed., DEL 2006)

Washington State Family Home Child Care Licensing Guide {2nd ed. DEL, 2013}

FOUNDATIONAL QUALITY STANDARDS FOR EARLY LEARNING PROGRAMS, formerly: Chapter 170-300 WAC) updated 11/6/19

1. Section 4, “Health and Nutrition,” pp 123-136, 140-160
2. Section 3 “Care and Education of Young Children
3. Section 4 “Environments”
4. Section 5 “Health, Safety and Nutrition”.

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Course Outline:

1. Handwashing
2. Food Handling and Snack / Meal Preparation
3. Diapering Babies
4. Healthy Practice Food Preparation
5. Infant Nutrition
6. Child Nutrition
7. 60 – 60 Minutes
8. Food Allergies
9. Dental Care
10. Physical Activities
11. Sleep/Rest
12. Back to Sleep
13. Sleeping equipment for Children over 1 yr old
14. Daily Health Check
15. When a Child Become Ill/Injured
16. Giving Medication to Children
17. Immunizations
18. Healthy Policy Examples
19. Emergency Preparedness
20. Prepare for Emergencies
21. Following the Health Policy
22. Using Resources