



## HEALTH AND SAFETY TRAINING RESOURCES

### FOR CHILD CARE PROVIDERS

The Child Care and Development Block Grant Act of 2014 (CCDBG) includes new health and safety training requirements to ensure that child care providers are well-trained to reduce the risk of illness and injury for children in their programs. Section 658E(c)(2)(I) of the act requires lead agencies to offer professional development opportunities related to the eleven health and safety topics to providers and others who care for children that receive Child Care and Development Fund (CCDF) assistance. While the CCDBG specifies certain health and safety topics on which child care providers must receive training, it allows each state/territory to determine the professional development delivery system. The required health and safety training topics for child care providers are listed below (CCDBG, 2014):

1. Prevention and control of infectious diseases
2. Prevention of Sudden Infant Death Syndrome and use of safe sleeping practices
3. Administration of medication, consistent with standards for parental consent
4. Prevention of and response to emergencies due to food and allergic reactions
5. Building and physical premises safety, including identification of and protection from hazards that can cause bodily injury such as electrical hazards, bodies of water, and vehicular traffic
6. Prevention of Shaken Baby Syndrome and abusive head trauma
7. Emergency preparedness and response planning
8. Handling and storage of hazardous materials and the appropriate disposal of bio-contaminants
9. Appropriate precautions in transporting children, if applicable
10. First aid and cardiopulmonary resuscitation
11. Recognition and reporting of child abuse and neglect

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## CCDF REGULATIONS

### § 98.41 HEALTH AND SAFETY REQUIREMENTS

Section 658E(c)(2)(I)(i) of the act requires lead agencies to have in effect health and safety requirements for providers and caregivers caring for children receiving CCDF assistance that relate to ten health and safety topics: (CCDBG, 2014): (i) Prevention and control of infectious diseases (including immunization); (ii) prevention of sudden infant death syndrome and use of safe sleeping practices; (iii) administration of medication, consistent with standards for parental consent; (iv) prevention and response to emergencies due to food and allergic reactions; (v) building and physical premises safety, including identification of and protection from hazards that can cause bodily injury such as electrical hazards, bodies of water, and vehicular traffic; (vi) prevention of shaken baby syndrome and abusive head trauma; (vii) emergency preparedness and response planning for emergencies resulting from a natural disaster, or a man-caused event (such as violence at a child care facility); (viii) handling and storage of hazardous materials and the appropriate disposal of bio-contaminants; (ix) appropriate precautions in transporting children, if applicable; and (x) first aid and cardiopulmonary resuscitation (CPR).

Section 658E(c)(2)(I)(ii) of the act says that health and safety topics may include requirements relating to nutrition, access to physical activity, or any other subject area determined by the state/territory to be necessary to promote child development or to protect children's health and safety. This is restated at § 98.41(a)(1)(xii).

Retrieved from: <https://www.acf.hhs.gov/occ/resource/ccdf-final-regulations>

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## TRAINING AND DELIVERY METHODS

States/territories use different delivery methods to provide training to child care professionals including distance education, face-to-face trainings, and hybrid learning. Health and safety trainings can be offered through different agencies and organizations within a state/territory. Child Care Resource and Referral agencies, private for-profit vendors, two-year and four-year higher education institutions, and the CCDF lead agency are examples of training providers that a state/territory may select.

- Distance education provides learners the opportunity to be in control of their learning pace, speed, and intensity of study. It also provides the learner with the ability to connect remotely and access trainings through technology formats, such as the internet, wireless communication devices, DVDs, and audio conferencing.
- Face-to-face trainings occur in person. An advantage of face-to-face training is the ability to learn from experts and engage with other child care professionals in person. Another advantage of face-to-face training includes networking and engaging through discussions.
- Hybrid learning uses a blend of both distance education and face-to-face training. An advantage of hybrid learning is the ability to access trainings online in locations with limited options for face-to-face training while still having that option to interact with trainers and other child care professionals face-to-face.

Retrieved from: <http://www.cdponline.org/index.cfm?fuseaction=whatis>

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## HEALTH/SAFETY TRAINING RESOURCES

Access to health and safety training opportunities varies by state/territory. Some states/territories offer free training through approved vendors, while others use professional development providers that may charge individuals a fee for trainings. Trainings can also be accessed in various formats including face-to-face, web-based, and videotaped trainings. Resources such as Early Educator Central offer courses on basic health and safety topics through vendors like Better Kid Care, which can be used to meet state/territory requirements in more than 35 states/territories. Below are resources and online options to address the health and safety training requirement:

## AMERICAN ACADEMY OF PEDIATRICS

*Healthy Futures: Improving Health Outcomes for Young Children*, a project of the American Academy of Pediatrics, (AAP) has developed a medication administration curriculum and a curriculum for managing infectious diseases designed for early education and child care professionals. The free curricula are available as both individual online learning modules or as in-person trainings led by health professionals.

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/Healthy-Futures.aspx>

*Safe Sleep*: The AAP has updated online resources and trainings on safe sleep practices, including the updated AAP Policy Statement “SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment,” and videos on safe sleep environments for babies as well as safe sleep and tummy to play practices. The *Reducing the Risk of SIDS in Child Care Speaker’s Kit* is a presentation that can be used by health care professionals, public health educators, and child care providers to educate their community about SIDS in child care. Copies can be downloaded for free for educational purposes in English and Spanish.

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/Safe-Sleep.aspx>

## AMERICAN RED CROSS

The American Red Cross provides resources for first aid and CPR training, as well as ways to schedule and locate child care-specific trainings across the country. <http://www.redcross.org/take-a-class/babysitting-child-care>

## BETTER KID CARE

Better Kid Care offers online professional development training opportunities that meet the CCDF requirements for health and safety in some states/territories. Child care professionals can search for health and safety trainings that have been approved for use in their state/territory. Two-hour modules provide training on health and safety topics and other topics such as infant/toddler care and social and emotional health of children.

<http://extension.psu.edu/youth/betterkidcare/early-care/ccdbg>

## BRIEFS ABOUT HEALTH AND SAFETY TOPICS

The National Center on Early Childhood Quality Assurance developed briefs to address the health and safety topics and provide excerpts from the CCDF requirements. These briefs also offer resources to help support child care providers, licensors, and other stakeholders. <https://childcareta.acf.hhs.gov/resource/briefs-about-health-and-safety-topics>

## CENTERS FOR DISEASE CONTROL AND PREVENTION

The *Watch Me! Celebrating Milestones and Sharing Concerns* is an online, one hour long, four-module course that provides early care and education providers with tools and best practices for monitoring the development of children. All four modules and the quizzes for the modules as well as the certificate of completion are available online.

<https://www.cdc.gov/ncbddd/watchmetraining/index.html>

## EARLY EDUCATOR CENTRAL

Early Educator Central is an effort jointly administered by the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Child Care, and Office of Head Start. The project promotes infant-toddler educators gaining degrees and credentials using existing federally funded resources. The multifaceted site supports not only infant-toddler educators, but also the entire infant-toddler workforce, with federally funded resources for administrators, trainers and coaches, professional development (PD) system leaders, and more. The site provides an index of coursework to support infant-toddler educators, who include center- and home-based/family child care teachers. The coursework offered on the site is at little or no cost, and will be continuously added and updated. <https://earlyeducatorcentral.acf.hhs.gov/coursework>



## FEMA EMERGENCY MANAGEMENT INSTITUTE

FEMA has a free online course on multi-hazard planning for child care. This course covers the steps to help child care providers prepare for incidents to ensure the safety of the children at their site. Child care providers must have plans and procedures to keep children safe from everyday hazards and to respond and recover when an emergency happens. <https://training.fema.gov/is/courseoverview.aspx?code=IS-36>

## INSTITUTE OF CHILD NUTRITION

ICN's online training system offers free self-paced courses. Food safety courses, such as *Managing Food Allergies in School Nutrition Programs*, teaches providers how to accommodate students with food allergies.

<http://www.theicn.org/Templates/TemplateDefault.aspx?qs=cElEPTIzNg>

## VIRTUAL LAB SCHOOL

The Virtual Lab School offers trainings in all health and safety topics except CPR and first aid training for health care professionals. The Virtual Lab School has 15 core content courses with research-based developmentally appropriate practices for child care professionals working with children birth to age 12.

<https://www.virtuallabschool.org/>

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## STATE EXAMPLES

### ARKANSAS

Healthy Child Care Arkansas (HCCAR) is multi-disciplinary team of health professionals from the University of Arkansas for Medical Sciences (UAMS) that aims to improve the quality of children's health in early child care settings by using best practice recommendations and evidence-based information while training Child Care Health Consultants in topics related to the overall well-being of children. Training resources are available online, offered through in-person training workshops, and through telephone consultations with Child Care Health Consultant during daily work hours. Retrieved from:

<http://www.healthychildcarear.org/ForChildCareProviders/ChildCareProviders001.aspx>

### CALIFORNIA

The EMS Authority is charged with providing leadership in developing and implementing EMS systems throughout California and setting standards for the training and scope of practice of various levels of EMS personnel. Child care providers are required to complete eight hours of preventative health and safety training, four hours of pediatric first aid, and four hours of pediatric CPR/AED. Every two years, child care providers must renew their training by completing four hours of pediatric first aid and four hours of pediatric CPR. These trainings are performed in-person. Retrieved from: [http://www.emsa.ca.gov/Childcare\\_Provider1](http://www.emsa.ca.gov/Childcare_Provider1)

### COLORADO

Colorado Shines Professional Development Information System (PDIS) is a web-based system offering professional development courses at no cost. Examples of courses offered through this system include *Child Care and Preschool Immunization and Introduction to First Aid and CPR*. The Colorado Shines PDIS also offers the opportunity to connect with other early childhood professionals. The state Division of Early Care and Learning requires preservice and orientation training courses that are offered by approved training vendors for a fee. Preservice trainings must be completed prior to an individual working with children. Orientation training must be completed within 30 days of employment. Retrieved from: <http://www.coloradoofficeofearlychildhood.com/training>

### CONNECTICUT

The Connecticut Office of Early Childhood and the United Way of Connecticut offers in-person statewide training for ECE professionals in the areas of first aid/CPR, medication administration, and other trainings such as nutrition and physical activity. Retrieved from: <http://www.thrivect.org/enroll/in-person-training/>

## FLORIDA

The Florida Department of Education Office of Early Learning offer online health and safety modules, checklists, and training requirements and guidelines for child care providers offering school readiness. Eight modules are offered and providers receive 1.2 IACET (International Association for Continuing Education and Training) CEUs (Continuing Education Units) upon completion. Retrieved from:

[http://www.floridaearlylearning.com/statewide\\_initiatives/health\\_and\\_safety.aspx](http://www.floridaearlylearning.com/statewide_initiatives/health_and_safety.aspx)

## ILLINOIS

The Illinois Department of Human Services (IDHS) partners with child care providers to serve families who are low-income through the Child Care Assistance Program (CCAP). To participate in the program, child care center directors and teachers must complete modules about child growth and development, health issues, nutrition issues, and safety issues; CPR/First Aid certification; and child abuse and neglect training. This training is available online or from the local Child Care Resource and Referral agency in a face-to-face training. Retrieved from:

<http://www.dhs.state.il.us/page.aspx?item=92746&newssidebar=29720>

## INDIANA

Indiana's Family and Social Services Administration offers health and safety orientation training for licensed centers and homes, unlicensed registered ministries certified for CCDF, and all legally licensed exempt providers. There are ten required training topic areas in addition to highly recommended child development training provided. Most of these health and safety trainings are available online, locally through Child Care Resource and Referral agencies, or through college and university coursework. Retrieved from: <https://www.in.gov/fssa/carefinder/5033.htm>

## LOUISIANA

The Department of Education: Louisiana Believes training and technical assistance program offer ten CCDF required topics for health and safety trainings for CCAP providers including Type III early learning sites, family child care, and in-home providers. Preservice orientation is required for all providers for four hours. Retrieved from:

<https://www.louisianabelieves.com/early-childhood/early-childhood-programs/training-and-technical-assistance>

## MARYLAND

The Maryland Department of Education offers Basic health and safety training that consists of 13 modules and an assessment. The modules can be completed online or via an approved face-to-face format. A certificate of completion is sent by email for individuals who score a minimum of 75% correct on the knowledge check after the modules. The modules cover all CCDF health and safety topics and include topics such as developmental screening and supervision. Retrieved from: <http://earlychildhood.marylandpublicschools.org/basic-health-safety-training>

## MISSOURI

The Missouri Department of Health & Senior Services offer the following services for health and safety trainings:

- Consultation at child care homes, group homes, or centers regarding child health and safety concerns.
- Training for child care providers to improve their knowledge of healthy and safe practices. Training clock hours are awarded to child care staff.
- Education and health consultation for family members of children enrolled in a child care facility.
- Health Promotion presentations for children in child care settings.

Retrieved from: <http://health.mo.gov/safety/childcare/providerinfo.php>

## NEW JERSEY

New Jersey approves training organizations to offer distance education and face-to-face professional development. The state's online directory shows training topics and agencies that trainings can be accessed through, training format, and the length of time needed to complete each training. Trainings such as *Health and Safety Basics* are also offered in Spanish. <http://www.childcarenj.com/Providers/Training>

## NEW YORK

The Office of Children and Family Services Division on Child Care Services offers nine training topic areas (including nutrition & health needs) in both in-person and online training formats.

<http://ocfs.ny.gov/main/childcare/child-care-training.asp>

## NORTH CAROLINA

North Carolina has integrated the federal health and safety requirements into the state's professional development system. Through a contractor, the state Division of Child Development and Early Education provides free online training modules. Hours invested in completing the health and safety trainings can be used toward in-service training, which is required annually through the child care licensing system. The number of in-service training hours an ECE professional must complete depends on the individual's level of education and/or experience. Retrieved from:

[http://nccildcare.nc.gov/providers/pv\\_sn2\\_ti.asp](http://nccildcare.nc.gov/providers/pv_sn2_ti.asp)

## OREGON

Oregon's Department of Health Services offers an introduction to child care health and safety training two-hour course that is required for all license-exempt providers. The preservice training must be completed before new child care providers can be approved and listed with DHS. Retrieved from:

<http://www.oregon.gov/DHS/ASSISTANCE/CHILD-CARE/Pages/Training.aspx>

## PENNSYLVANIA

Pennsylvania offers two delivery methods to ensure that staff meet CCDF requirements. The first option is a distance education option to complete a six-hour module on nine health and safety topics, not including CPR and first aid. The second option is a face-to-face format in which child care professionals complete training for the nine topics in two three-hour sessions. The training module is provided at no cost through Better Kid Care and a certificate of completion is provided once training is completed. Retrieved from:

[http://www.dhs.pa.gov/cs/groups/webcontent/documents/document/c\\_235390.pdf](http://www.dhs.pa.gov/cs/groups/webcontent/documents/document/c_235390.pdf)

## SOUTH CAROLINA

Child care professionals can access free online health and safety courses and enroll in a health and safety preservice certificate program. South Carolina's health and safety training requirements cover CCDF's required topic areas and are currently available for child care providers that serve children receiving CCDF assistance. Sample courses offered in health and safety include *Emergency Preparedness: Better Safe than Sorry!*, *Transportation Safety: Keeping Kids Safe in South Carolina* and *Food Allergies: Recognizing Allergic Reactions and Meal Planning in the CC Setting*. Retrieved from:

<http://www.schildcare.org/providers/new-health-and-safety-pre-service-course.aspx>

## VIRGINIA

The Virginia Department of Social Services Division of Child Care and Early Childhood Development works with partners across the state to provide free trainings for child care providers, in both classroom-based and distance training formats. Trainings are required for all staff who work in a program that participates in the Virginia Child Care Subsidy Program, but is encouraged for all providers. The ten-hour training covers a variety of topics ranging from emergency preparedness, to prevention and control of infectious disease, to safe sleep practices, to recognition and reporting of child abuse and neglect. Retrieved from:

<http://www.dss.virginia.gov/cc/providers/index.html?pageID=5>

HEALTH/SAFETY TOPICS AND TRAINING PROVIDERS

| Health & Safety Topics  | Training Providers              |                                      |  |                                    |  |   |  |
|---|---------------------------------|--------------------------------------|--|------------------------------------|--|---|--|
|   | <a href="#">Better Kid Care</a> | <a href="#">Virtual Lab School *</a> | <a href="#">American Academy of Pediatrics</a> | <a href="#">American Red Cross</a> | <a href="#">Center for Disease Control</a> | <a href="#">Federal Emergency Management Agency</a> | <a href="#">Institute of Child Nutrition</a> |
| 1. Prevention and Control of Infectious Diseases              | X                               | X                                    | X  |                                    | X  |   |  |
| 2. Prevention of SIDS   | X                               | X                                    | X  |                                    |  |   |  |
| 3. Administration of Medication                               |                                 | X                                    | X  |                                    |  |   |  |
| 4. Food and Allergic Reactions                                | X                               | X                                    |  |                                    |  |   | X  |
| 5. Building and Physical Premises Safety                      | X                               | X                                    |  |                                    |  |   |  |
| 6. Prevention of Shaken Baby Syndrome and Abusive Head Trauma |                                 | X                                    |  |                                    |  |   |  |
| 7. Emergency Preparedness and Response Planning               | X                               | X                                    |  |                                    | X  | X   |  |
| 8. Handling and Storage of Hazardous Materials                | X                               | X                                    |  |                                    |  | X   |  |
| 9. Transporting Children                                      | X                               | X                                    |  |                                    |  |   |  |
| 10. First Aid and CPR   |                                 |                                      |  | X                                  |  |   |  |
| 11. Child Abuse and Neglect                                   |                                 | X                                    |  |                                    |  |   |  |

\* Currently does not offer certificate of attendance for non-military personnel

This document was developed with funds from Grant Grant #90HC0012 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, and the Office of Child Care by the National Center for Early Childhood Development, Teaching, and Learning. This resource may be duplicated for noncommercial uses without permission.