

**COMPETENCY SKILL AREA:  
HEALTH, SAFETY, AND NUTRITION**

**Self-Assessment  
Nebraska Core Competencies for Early Childhood Professionals  
Skill Area: Health, Safety, and Nutrition**

**Scale for Evaluating Skill**

**0= Never/Rarely uses this skill**

**1=Occasionally uses this skill**

**2=Regularly uses this skill**

<b>Skill Area: Health, Safety, and Nutrition</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>Level 1</b>			
1.1 Practices effective hand washing, toileting and diapering, safe food handling, and safe sleep procedures to reduce the spread of disease and the possibility of injury to children.			
1.2 Practices universal precautions to minimize and control the spread of disease through body fluids.			
1.3 Has CPR/First Aid Certification or can readily identify the person in the program who has a current certification in CPR/First Aid. (If a Family Child Care Home Provider must have CPR/First Aid.)			
1.4 Actively supervises children to ensure safety both indoors and outdoors and to ensure that children are released only to family or authorized escorts.			
1.5 Selects safe toys, materials, and equipment appropriate for the age and developmental stage of the children in care.			
1.6 Responds promptly and appropriately to children's injuries, documents any injuries and notifies families, while assuring the comfort and care of other children.			
1.7 Keeps environment free of health hazards.			
1.8 Maintains an accessible current list of emergency phone numbers both indoors and outdoors for contacting families and emergency services.			
1.9. Posts, regularly practices, follows and documents emergency and safety evacuation procedures such as fire, natural disaster, and tornado drills.			
1.10 Encourages children's use of good oral health practices, wiping teeth of infant with clean wash cloth, using swish and rinse procedures for toddlers and/or encourages use of a tooth brush.			
1.11 Follows instructions for proper giving of and applying of medication to children.			

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1.12 Understands the legal responsibility to recognize and report child abuse, emotional abuse, sexual abuse and neglect			
1.13 Is familiar with all state rules and regulations pertaining to the specific type of early education program?			
1.14 Follows staff-child ratio requirements in state regulations.			
1.15 Pays attention to all children's allergies and health issues.			
1.16 If transporting children, utilizes age and weight appropriate child safety seats and follows all federal and state transportation regulations for transporting children.			
<b>Level 2</b>			
2.1 Teaches and supports children in effective use of hand washing procedures.			
2.2 Utilizes USDA guidelines to select appropriate foods for children, supervises mealtimes, and is vigilant about accommodating food choices based upon children's allergies and/or health issues.			
2.3 Maintains certification in basic pediatric first aid and CPR training			
2.4 Maintains accurate immunization and health records according to state and federal guidelines.			
2.5 Regularly assesses safe and sanitary environments inside and outside and ensure any problems are taken care of promptly.			
2.6 Ensures a consistent, daily routine for rest/sleep and active physical play as developmentally appropriate.			
2.7 Informs staff and families of emergency procedures.			
2.8 Ensures that children do not have pet allergies if pets are in the program, maintains safe handling and sanitation guidelines, and ensures pets are vaccinated.			
2.9 Identifies, documents, and reports suspected abuse of children in an immediate and appropriate manner.			
2.10 Ensures that all state rules and regulations are followed by all employees of the program.			
2.11 Appropriate safety seats for transporting children are provided.			

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<b>Level 3</b>			
3.1 Teaches, models and practices personal health and safety procedures with children.			
3.2 Keeps informed about safety procedures and shares resources with families.			
3.3 Follows policies for informing families of current health concerns in the program.			
3.4 Recognizes and discusses with families cultural health practices and implements these practices when appropriate.			
3.5 Adapts the indoor and outdoor environments to maximize their use by children with special needs.			
3.6 Designs and implements curriculum activities emphasizing healthy bodies, healthy lifestyles, and a healthy environment for staff, children, and families.			
3.7 Teaches children about nutrition and plans and implements appropriate cooking experiences.			
3.8 Assesses children's health status through daily observation and documents symptoms when necessary.			
3.9 Collaborates with nursing staff to ensure appropriate health practices are followed for children with special needs.			
3.10 Supports and assists staff in their efforts to document and report abuse of children in an immediate and appropriate manner.			
<b>Level 4</b>			
4.1 Maintains a readily accessible list of health resource information to disseminate to families, and for consultation or referral as needed or in case of emergencies.			
4.2 Plans learning experiences, including field trips, with safety precautions in mind.			
4.3 Organizes space into functional areas with traffic patterns that eliminate accidents and injuries.			
4.4 Plans and evaluates menus and activities, which encourage health food choices, address nutritional needs, and take into consideration children's food allergies.			

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4.5 Encourages children’s participation in family style meals, as skills and abilities develop, beginning at toddler age; and integrates foods from diverse cultures represented in the population served.			
4.6 Develops policies and prepares staff for emergencies such as terror threats, natural disasters, and intruders etc.			
4.7 Implements contingency plans to meet staff: child ratio requirements in all situations.			
4.8 Assesses program health policies and procedures through use of a health checklist or the PEP manual.			
4.9 Collaborates with specialists and families to assess adequate caloric intake and socialization at meal times for children with special dietary needs.			
<b>Level 5</b>			
5.1 Works with health care professionals in the community to ensure that the health needs of all enrolled children are met.			
5.2 Participates in the evaluation and revision of policies and procedures to keep health, safety, and nutrition practices current.			
5.3 Designs emergency procedure plans, trains staff, and supervises the implementation of those procedures to maximize safety.			
5.4 Develops and documents contingency plans to meet staff-child ratio requirements in all situations.			
5.5 Assesses how licensing, fire and safety, sanitation, and other applicable regulations affect the quality of the program.			
5.6 Designs, documents, and informs others of emergency, illness, injury, and sanitation procedures.			
5.7 Establishes procedures for documentation and reporting of suspected abuse or neglect in compliance with state laws.			
5.8 Communicate appropriate use of adaptive equipment to staff and families.			
5.9 Participates in planning for special health needs and uses adaptive equipment appropriately with supervision.			
5.10 Assist families in locating community resources to provide medical, dental and nutrition services for their children when necessary.			

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5.11 Establishes program policies regarding child transportation, provides training of staff regarding transportation policies, and follows all federal and state laws pertaining to the transportation of children.			
<b>Level 6</b>			
6.1 Conducts and participates in assessment of the program facility and the early childhood services for licensing, accreditation, and quality improvement.			
6.2 Analyzes, evaluates, and applies current theories, research, and recommended practices on the health, safety, physical development, and nutritional needs of children.			
6.3 Participates on the program's accreditation team or other committees working to address standards of quality.			
6.4 Collaborates with community groups to identify and promote the health, safety, physical development, and nutritional welfare of the broader community.			
6.5 Provides and administers an environment that is physically and psychologically healthy for children, families, and staff.			
6.6 Articulates with others federal, state, and local requirements that must be addressed to meet young children's health, nutritional, and physical needs.			

**Self-Reflection Questions**

a. If the skill is rarely used is it because the skill isn't needed in your early childhood setting?

\_\_\_\_\_ Yes    \_\_\_\_\_ No    Explain

b. If the skill is rarely used, is it because you need to know more about the skill?

\_\_\_\_\_ Yes    \_\_\_\_\_ No    Explain

Is there someone you know who could help you better understand this skill? Who would that be?