



Promoting Health and Wellness of  
Children  
Child Guidance

# Copyright



**Copyright © Texas Education Agency, 2012.** These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

- 1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts' and schools' educational use without obtaining permission from TEA.
- 2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.
- 3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.
- 4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are **not** Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located **outside the state of Texas** *MUST* obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: [copyrights@tea.state.tx.us](mailto:copyrights@tea.state.tx.us).

# Signs of Health in Children



Health awareness involves recognizing wellness and the symptoms of illness and disability.



# Characteristics of a Healthy Child



- Active, alert, curious, and often noisy
- Have clear skin, bright eyes
- Their bowel movements are regular and normal
- They sleep soundly
- Good eaters





# Characteristics of a Healthy Child



- Steadily gain weight and grow taller
- Healthy children enjoy both individual and group activities
- Familiar surroundings and activities make them feel secure



# Characteristics of a Healthy Child



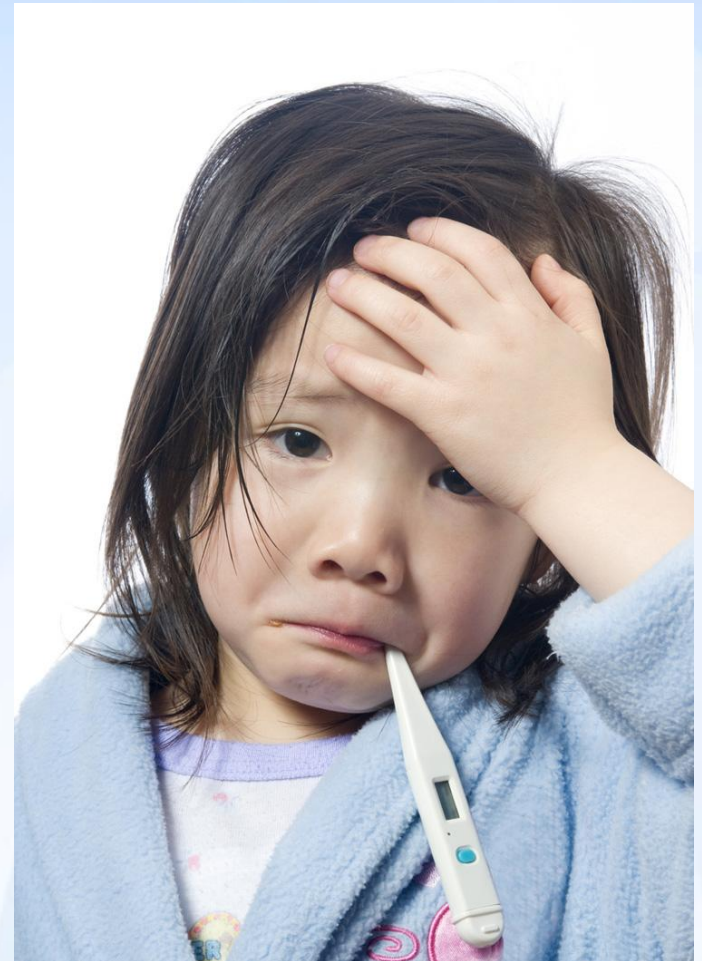
- They are curious and excited about new experiences
- Healthy children trust others
- Generally feel good about themselves



# Signs and Symptoms of Illness



Sick children usually have shorter attention spans than healthy children, and they have little energy





# Signs and Symptoms of Illness



- Convulsions, seizures
- Flushed face and hot, dry skin
- Hoarse or husky voice
- Large amounts of sweating
- Nausea, vomiting, diarrhea

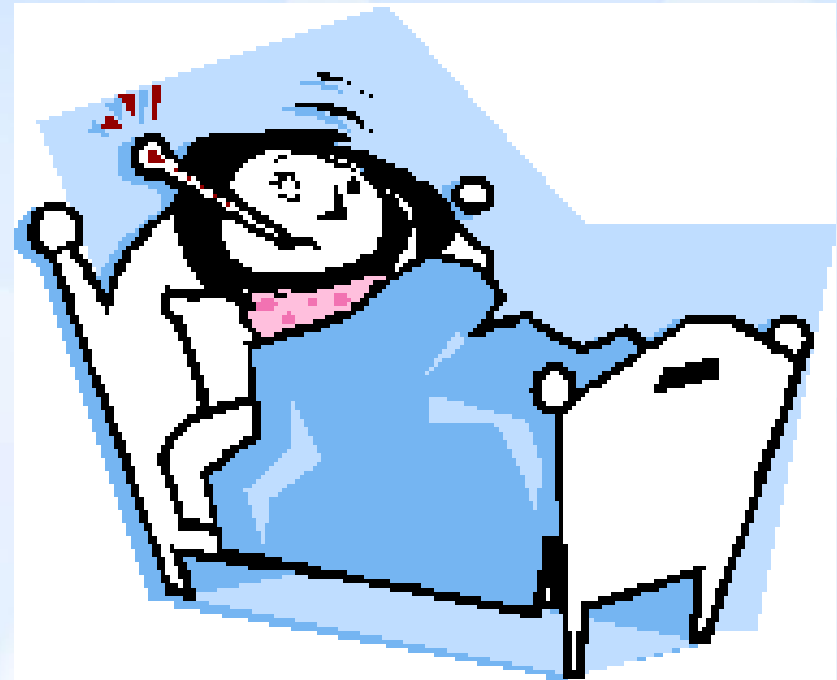




# Signs and Symptoms of Illness



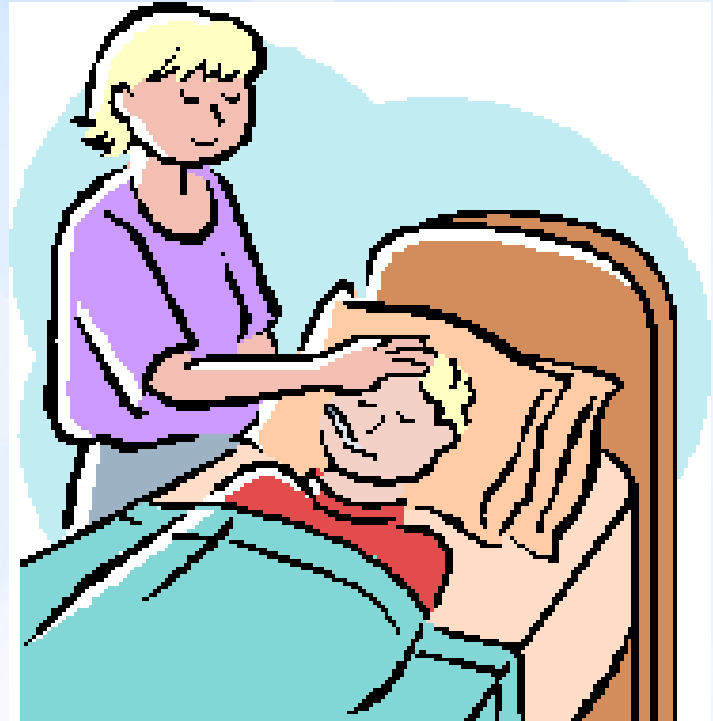
- Pain in ear, head, chest, stomach, abdomen, or joints
- Raised temperature
- Rash, bumps, or breaking out of skin
- Runny nose, sneezes, coughs



# Signs and Symptoms of Illness



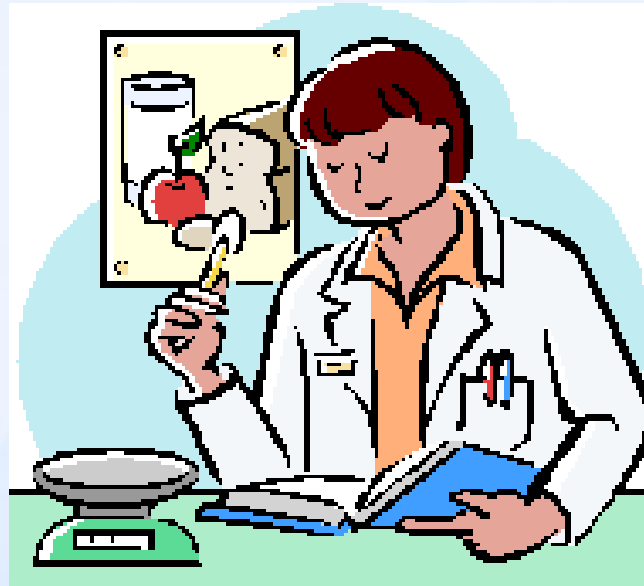
- Sore throat
- Stiff back or neck
- Swollen glands
- Unusual paleness or coldness
- Watery or glassy appearance of the eyes



# Health Assessment Methods



Screening and other health assessment methods are used to help detect serious illnesses and disabilities in the early stages





# Health Screening in Childcare



Providing routine health screening in childcare is essential for preventative health and the early detection and prompt treatment of illness or disability



# Categories of Diseases



## **Contagious Disease**

Contagious diseases are communicable by contact with a diseased person or with an object that a diseased person has used

## **Infectious Diseases**

Infectious diseases can move from one person to another or from one part of the body to another.

# Policies and Procedures



Each child care program should have written policies and procedures for handling situations when children become ill.





# Promoting Health and Wellness in Children



Promoting health and wellness in children is important in helping children protect and improve their health.



# Health Habits and Attitudes



- Body awareness
- Dental hygiene
- Dressing for the weather
- Feelings and emotions
- Good posture



# Health Habits and Attitudes



- Interactions with others
- Nutrition
- Personal cleanliness
- Play and exercise
- Self-image
- Sleep and rest





# Health Habits and Attitudes

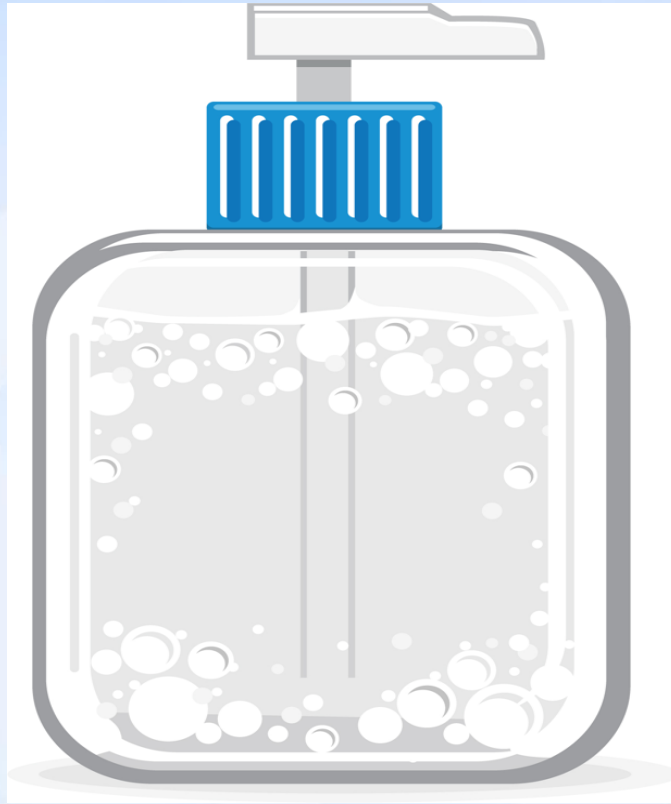


(click on link)

[Cover That Cough or Sneeze](#)



# Health Habits and Attitudes



(click on link)

[Clean Hands Prevent  
the Flu](#)

# Nutritious Snacks and Meals



One important responsibility of a child care director is seeing that nutritious meals and snacks are served.

Texas Department of Agriculture's  
Food and Nutrition



Mission:  
Feeding the hungry  
and promoting  
healthy lifestyles.

Food and Nutrition  
3E'S OF HEALTHY LIVING  
Education, Exercise and Eating Right





# Nutritious Snacks and Meals



Put a plan into action by:

- Providing healthy eating habits
- Serve small portions
- Choose healthy snacks
- Beverages count too!
- Limit the amount of empty calories



# Obesity in Children



Nearly one out of three children is overweight or obese in the United States

Consequences from obesity include:

- Hypertension
- High cholesterol
- Type 2 diabetes
- Sleep apnea

# Why Are Our Children Obese?



Children's physical activity has markedly decreased, and their more sedentary activities have increased





## Portion Control Quiz (click on link)



# Tips for Parents – Ideas to Help Children Maintain a Healthy Weight



To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.



# Tips for Parents – Ideas to Help Children Maintain a Healthy Weight



## Encourage healthy eating habits



# How Do You Get Children to Try New Foods?



[Food Variety Quiz](#)

(click on link)

# Tips for Parents – Ideas to Help Children Maintain a Healthy Weight



Look for ways to make favorite dishes healthier





# Tips for Parents – Ideas to Help Children Maintain a Healthy Weight



[Quiz: You Make the Call](#)  
(click on link)

# Balancing Calories: Help Kids Stay Active



## Benefits include:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management

# Balancing Calories: Help Kids Stay Active



[The Adventures of Zobey](#)  
(click on link)

# Reduce Sedentary Time



Limit the time children watch television, play video games, or surf the web to no more than two hours per day.





# Resources for Managing Health Care of Children



Accurate and accessible child care health records and resources are important for the following reasons:

- To fulfill licensing requirements
- To protect child care programs and child care employees from liability
- To provide the best possible health and emergency care for children

# Resources for Managing Health Care of Children



## Children's Health Program

CHIP/ Children's Medicaid



# Resources for Managing Health Care of Children



County Health Clinics

[Health Clinics in Texas](#)

(click on link)



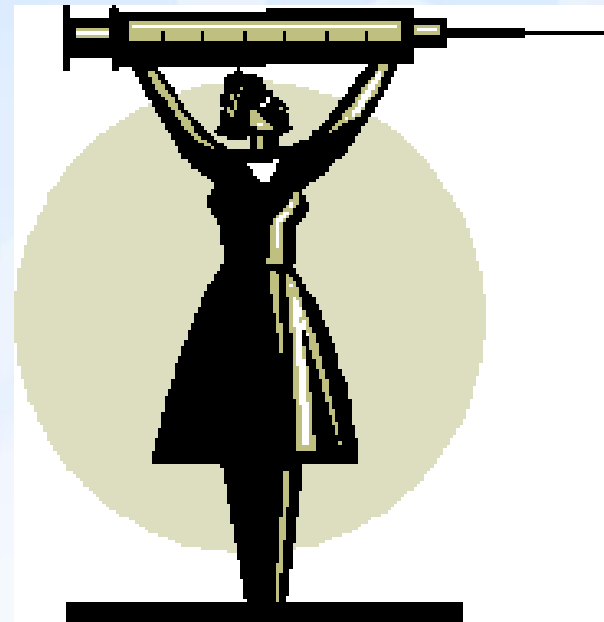
# Child Immunization Schedule



The current child immunization schedule can be found at this location:

[Vaccines schedules for children 0-6 years-old schedule](#)

(click on link)





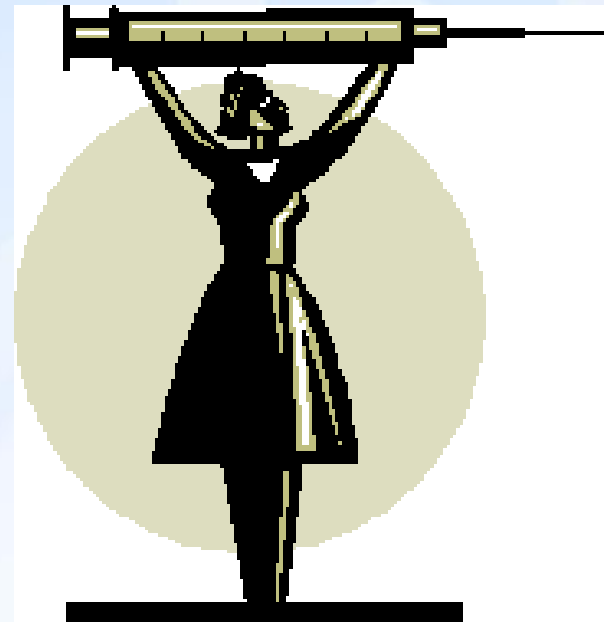
# Child Immunization Schedule



The current child immunization schedule can be found at this location:

[Children ages 7-18 years-old immunization schedule](#)

(click on link)



# References and Resources



Microsoft Office Clip Art: Used with permission from Microsoft.

## Websites:

### American Academy of Pediatrics

An official site of the American Academy of Pediatrics—an organization of 60,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

<http://www.aap.org>

### Centers for Disease Control and Prevention

The early years of a child's life are very important for his or her health and development.

<http://www.cdc.gov/ncbddd/childdevelopment/index.html>

### Centers for Disease Control and Prevention

Recommended immunization schedule for persons aged 0 through 6 years—United States, 2012

<http://www.cdc.gov/vaccines/schedules/downloads/child/0-6yrs-schedule-pr.pdf>

### Centers for Disease Control and Prevention

Recommended immunization schedule for persons aged 7 through 18 years—United States, 2012 (for those who fall behind or start late).

<http://www.cdc.gov/vaccines/schedules/downloads/child/7-18yrs-schedule-pr.pdf>

### CHIP/Children's Medicaid

Children in Texas without health insurance may be able to get low cost or free health coverage from the Children's Health Insurance Program (CHIP) or Children's Medicaid.

<http://www.chipmedicaid.org/>

# References and Resources



## Child and Adult Care Food Program (CACFP)

The goal of the CACFP is to improve and maintain the health and nutritional status of children and adults, promote development of good eating habits, and integrate nutritious food service with organized child and adult day care services.

<http://www.squaremeals.org/Programs/ChildandAdultCareFoodProgram.aspx>

## Health Screening in Childcare Setting

Health screening is an important component of the health program in childcare, and the first step to improved health outcomes for children and staff.

[http://www.healthychild.net/InSicknessandHealth.php?article\\_id=26](http://www.healthychild.net/InSicknessandHealth.php?article_id=26)

## I CAN DO IT? Raising Confident Children

When children strive to do more, they eventually become successful in performing certain tasks.

<http://www.bblocks.samhsa.gov/family/time/raisingconfidentchildren.aspx>

## Is There an Obesity Tipping Point in Infancy?

According to the CDC's National Health and Nutrition Examination Survey, rates of obesity in youngsters ages 2 to 5 have more than doubled since 1980, from 5.0% to 12.4%

[http://www.time.com/time/specials/packages/article/0,28804,1972947\\_1973062\\_1973065,00.html](http://www.time.com/time/specials/packages/article/0,28804,1972947_1973062_1973065,00.html)

## Quiz: You Make the Call

Young children make food choices based on the food choices that the adults in their lives make: what to eat and how much. So, it is up to adults to make good choices to ensure that children are eating healthy.

<http://www.bblocks.samhsa.gov/family/activities/quizzes/fastfood.aspx>

# References and Resources



## Texas Department of State Health Services

Primary Health Care services are available through health care providers across Texas. A list of clinic locations organized alphabetically by city.

<http://www.dshs.state.tx.us/phc/locator/locator.shtm>

## We Can!

Families finding the balance-A Parent Handbook

[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/parent\\_hb\\_en.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf)

## MyPlate.gov

MyPlate, the government's newest symbol for healthy eating, uses a dinner plate icon as a simple visual reminder of what to serve yourself, and your family for meals and at snack time.

<http://www.myplate.gov>

## Obesity and Making Healthy Food Choices

Serious short-term and long-term consequences result from obesity, including the increased risk for disorders such as hypertension, high cholesterol, type 2 diabetes, and sleep apnea.

[http://www.bbblocks.samhsa.gov/educators/lesson\\_plans/obesity\\_nutrition.aspx](http://www.bbblocks.samhsa.gov/educators/lesson_plans/obesity_nutrition.aspx)

## Team Nutrition

A poster with instructions on how to wash your hands

[http://teamn nutrition.usda.gov/Resources/remember\\_wash\\_hands.pdf](http://teamn nutrition.usda.gov/Resources/remember_wash_hands.pdf)

## Wak/Med Health and Hospitals

Stop the spread of germs that make you and others sick!

<http://www.wakemed.org/body.cfm?id=1116>

# References and Resources



YouTube(tm):

## Clean Hands Prevent the Flu

Clean hands can help prevent the spread of infectious diseases, such as flu. This podcast explains the proper way to wash your hands.

<http://youtu.be/XHISh559oho>

## Cover That Cough or Sneeze

Cover that cough - cover your mouth and nose with a tissue when you cough or sneeze. No tissue? Use your upper sleeve - not your hands.

<http://youtu.be/hhIYCHjkRg8>

## 3-D Organizer for Promoting Health and Wellness of Children

<http://youtu.be/lyiWftroaQs>