



CCHC Tip Sheet

Environment Rating Scale

Health Practices (All Scales)

1. Child care providers should take measures to decrease the spread of infectious disease. Handwashing is the single most important way to reduce the spread of infectious disease. See Tip Sheet on Handwashing.
 - ❖ Handwashing should also be done at times other than diapering/toileting and meals/snacks.
2. There should be measures taken to keep spaces, materials, and equipment clean.
 - ❖ Any surface that comes into contact with potentially infectious body fluids such as blood, saliva, vomit, urine, feces, or nasal secretions should be cleaned, rinsed, and sanitized/disinfected immediately. Toys that have been soiled or mouthed must be set aside in a tub labeled "Soiled Toys" and cleaned, rinsed, and sanitized at the end of the day.
 - ❖ Toothbrushes must be stored to avoid contamination. Labeled brushes should not be touching and should be air-dried.
 - ❖ Use hands-free trash container (foot-pedal) to decrease contamination.
 - ❖ Paper towels, disposable tissues, and liquid soap should be within reach. Cloth towels and wash cloths should only be used by one child or staff.
 - ❖ Dirty floors and play surfaces should be cleaned up after messy play.
 - ❖ Indoor and outdoor areas should be free of standing water and animal contamination.
 - ❖ Dress-up clothes should be cleaned on a regular basis and when soiled.
2. Procedures should be used to minimize spread of contagious disease.
 - ❖ Exclude children with contagious illness when appropriate. Children becoming ill during the day should be isolated from other children (monitored and supervised) until picked up by parents in area other than the classroom.
 - ❖ Children should be up to date on immunizations.
 - ❖ Staff should provide documentation of the results of a negative TB skin test/TB Risk Assessment every two years or documentation of a health professional's statement that the person is free of TB.
3. Smoking should not take place in any child care area used by children indoors or outdoors or in vehicles that transport children.
4. Children should be dressed appropriately and good sun safety practiced.

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- ❖ Children should not be overdressed or underdressed.
 - ❖ When clothes become wet, they should be changed.
 - ❖ Keep infants younger than 6 months out of direct sunlight.
 - ❖ Limit sun exposure between 10AM and 2PM when UV rays are strongest.
 - ❖ If parents/guardians give permission, sunscreen should be applied to all exposed areas after determination of parents/guardians that the child is not allergic to sunscreen.
5. Staff should be models of good health practice. Modeling and communication about healthy and safe behaviors that promote positive development can be an effective educational tool.
- ❖ Eat healthy foods in front of children and talk about why good nutrition is important.
 - ❖ Drink water, juice or milk instead of sodas.
 - ❖ Wash hands as needed, model good handwashing technique, and keep fingernails short and clean.
 - ❖ Brush teeth after meals.
 - ❖ Check and flush toilets in children's bathroom.
 - ❖ Actively play and participate in physical activity with the children.
6. Care should be given to children's appearance.
- ❖ Faces should be clean.
 - ❖ Runny noses should be wiped.
 - ❖ Soiled clothing should be changed.
 - ❖ Aprons should be provided for messy play.
 - ❖ If child's hair becomes messy, individually labeled comb/brush should be used.
7. Children should be taught to manage health practices independently.
- ❖ Teach proper hand washing procedures, wiping own nose with tissue, and coughing or sneezing into a tissue or inner elbow/sleeve.
 - ❖ Remind children to flush toilet after using.
 - ❖ Teach them to put on own coat or apron independently.
 - ❖ Health related posters should be displayed in classroom.
 - ❖ Health related books, games, and puzzles should be available.
8. Individual toothbrushes should be properly labeled and stored.

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- ❖ Bristles should not be touching another toothbrush or any contaminated surface.
 - ❖ Toothpaste is not necessary, but if used, it should be in the correct amount and uncontaminated. Toothpaste should be placed on piece of paper towel or cup and never should be squeezed directly on toothbrush.
9. The child care facility should have a written policy for medication administration.
- ❖ The child's primary care provider should give written authorization for the use of prescription and non-prescription (OTC) medications, and a written consent form from the parents should be obtained and on file.
 - ❖ Staff should be trained in medication administration, handling, documentation, and storage.
10. Health information should be made available to parents, such as the following information:
- ❖ Emergency medical care for infants and toddlers, including CPR and First Aid
 - ❖ Prevention of SIDS, Infant suffocation, and injuries by promoting safe sleep practices, including putting infants to sleep on their backs and crib safety
 - ❖ Child proofing home, car safety seats, and other safety practices
 - ❖ Handling children's illnesses and proper handwashing techniques
 - ❖ Weaning
 - ❖ Toilet training
 - ❖ Good nutrition and eating concerns
 - ❖ Physical activity
 - ❖ Immunizations

Adapted from the Infant/Toddler Environment Rating Scale-Revised Edition (Harms, Clifford & Cryer, 2006), Early Childhood Environment Rating Scale-Revised Edition (Harms, Clifford & Cryer, 2005), All About the ECERS-R (Cryer, Harms & Riley, 2003) and All About the ITERS-R (Cryer, Harms & Riley, 2003)

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