South Dakota State University

ECE 220 – Health, Safety, and Nutrition for Young Children

Concepts addressed:
Health and safety issues (e.g., basic sanitation, nutrition, room ventilation, good health practices)

Students should refer to: “Health, Safety, and Nutrition for the Young Child” by Marotz (6th Ed)
Chapter 7

Specifically, students should review:
Sanitation/Communicable Diseases
   – Respiratory (airborne)
   – Gastrointestinal (fecal-oral)
   – Dermatologic (direct)
   • Spread of bloodborne diseases
   • Most important ways to contain disease:
     – Wash Hands
     – Proper Immunizations
Hand washing
   Review proper steps
When to use gloves
   • Dealing with blood & body fluids
   • Added protection
   • Contact with blood, mucous membranes, discharges
   • Cleaning surfaces/handling items soiled w/ blood
   • Cleaning up large spills of other body fluid (vomit, urine, stool)
Importance of sanitation
   • Protect staff, children, & families from spread of disease
   • Protection only when used correctly
   • Don’t develop false sense of security
   • Make gloves accessible where needed
Seven steps to hygienic diapering
Cleaning/Disinfecting
   • Immersing Items
   • Using Spray Bottle:
     • Soaking: 1 T bleach/gallon water OR
     • Spray bottle: ¼ cup bleach/gallon water OR
Blood spills: soap and water, then ¼ cup bleach/gallon water

Helpful websites include:
Center for Disease Control: www.cdc.gov
National Institutes of Health: www.nih.gov
Early Childhood & Parenting Collaborative: http://ecap.crc.uic.edu

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