

Nursing in Early Care and Education: A Public Health Challenge



College of Nursing

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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Funding provided by the Maternal and Child Health Bureau (Cooperative Agreement U46MC09810)

Children in Early Care and Education (ECE)

11 million

U.S. children under the age of 5 attend early care and education programs daily

Avg. 36 hours

Per week is spent in these programs

(Child Care Aware, 2014)



NRC Mission

Website: <http://nrckids.org>

To improve the quality of out-of-home child care and ECE programs and support the health & safety of the children they serve.

We Support

- Health professionals
- State/local health depts.
- State regulators
- Child care providers/family child care homes
- Policy makers
- Early Head Start/Head Start
- Home visitors
- Early educators
- Families
- Early childhood comprehensive systems

The Scope of Health and Safety in ECE

- Infectious Disease Control
- Healthy Weight Promotion
- Injuries (Physical and Social-Emotional)
- Indoor/Outdoor Playground
- Environmental Health
- Children with Special Health Care Needs/Disabilities



Primary Resource

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition (CFOC3)

686 evidence-based health and safety standards

A collection of national standards that represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.



Helpful Resource: *Caring for Infants and Toddlers in Early Care and Education*

- The first three years of life are a period of rapid growth in all areas of a child's development (Zero to Three, 2014).
- Infants and toddlers are also more vulnerable to a host of environmental hazards, infectious diseases, and injuries when compared to preschool-age children.

232 Selected CFOC3 Standards

Standard 2.2.0.3: Limiting Screen Time (Excerpt)

In early care and education settings, media (television [TV], video, and DVD) viewing and computer use should not be permitted for children younger than two years.



Child Care Health Consultants (CCHCs)

Licensed health professionals with education and experience in child and community health and early care and education, preferably specialized training in child care health consultation.

- Assess the health and safety needs and practices in the facility;
- Develop strategies for inclusion of children with special health care needs;
- Establish and review health policies and procedures;
- Manage and prevent injuries and infectious diseases;
- Connect families with community health resources; and/or
- Provide health education for staff members, families and children.

The Role of Public Health

- CCHC for center and home-based ECE settings
- Resource and information broker concerning:
 - Communicable Disease Outbreaks
 - Immunizations
 - Environmental Health Issues
 - Injury Prevention Strategies
 - Disaster Preparedness
 - Healthy Weight Practices
 - Care of Children with Special Health Care Needs
 - Staff Training and Policy Development/Revision



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American Public Health Association Annual Meeting and Exposition, November 2014

***Caring for Our Children*, 3rd Edition Standard 2.2.0.3: Limiting Screen Time – Media, Computer Time**

In early care and education settings, media (television [TV], video, and DVD) viewing and computer use should not be permitted for children younger than two years. For children two years and older in early care and early education settings, total screen time should be limited to not more than thirty minutes once a week, and for educational or physical activity use only. During meal or snack time, TV, video, or DVD viewing should not be allowed (1). Computer use should be limited to no more than fifteen-minute increments except for school-age children completing homework assignments (2) and children with special health care needs who require and consistently use assistive and adaptive computer technology. Parents/guardians should be informed if screen media are used in the early care and education program. Any screen media used should be free of advertising and brand placement. TV programs, DVD, and computer games should be reviewed and evaluated before participation of the children to ensure that advertising and brand placement are not present.

Rationale:

In the first two years of life, children's brains and bodies are going through critical periods of growth and development. It is important for infants and young children to have positive interactions with people and not sit in front of a screen that takes time away from social interaction with parents/guardians and caregivers/teachers. Before age three, television viewing can have modest negative effects on cognitive development of children (3). For that reason, the American Academy of Pediatrics (AAP) recommends television viewing be discouraged for children younger than two years of age (4). Interactive activities that promote brain development can be encouraged, such as talking, playing, singing, and reading together.

For children two years and older, the AAP recommends limiting children's total (early care and education, and home) media time (with entertainment media) to no more than one to two hours of quality programming per twenty-four hour period (3). Because children may watch television before and after attending early care and education settings, limiting media time during their time in early care and education settings will help meet the AAP recommendation. When TV watching is intended to be interactive, with the adult interacting with children about what they are watching, caregivers/teachers can sing along and comment on what children are watching. Caregivers/teachers should always consider whether children could learn the skill better in another way through hands-on experiences.

For complete Rationale, Comments, and References: <http://cfoc.nrckids.org/StandardView/2.2.0.3>



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Our Primary Resource

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A collection of 686 national standards that represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

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