

Child Care Health Consultation Lesson Plan

Contractor Name: Department Standardized Health Issue Training

Date Submitted: January 2014

Children's Health Promotion

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
<i>Select one standard and one level</i>	<input checked="" type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

Title: Reducing the Risk of SIDS in Child Care – AAP Revised Curriculum

Training Goal: Decrease infant mortality related to the use of unsafe sleep practices in child care

Learning Objective(s): Participants will:

- Define SIDS
- Identify behaviors that increase the risk of SIDS
- Discuss common myths about SIDS
- Be familiar with helpful resources

Topical Outline of Content	Training Method(s)	Time (minutes)
"Unsafe" Crib Opening Exercise (optional) [Participant "game" to try to find all the unsafe practices in a crib – done before class begins]	Group Activity	5 -10
Healthy Child Care America Back to Sleep Campaign Do you know anyone? Objectives SIDS facts exercise	Large group sharing	5-15
What is SIDS? SIDS and Child Care Unaccustomed Tummy Sleeping SIDS Facts	Lecture/Discussion	5-10
Reducing the Risks Exercise	Large group	5-10
Modifying Risks Babies at Risk SIDS and sleep position Triple Risk Model Common Beliefs/Misconceptions – Tummy sleeping Caring for Our Children – National Standard	Lecture/Discussion	5-20
Stretch Break (Completion of "unsafe crib" game if necessary during break)		5
Implementing SIDS Risk Reduction <ul style="list-style-type: none"> • Tummy to Play; Back to Sleep • Use safe sleep practices • Provide a safe sleep environment 	Lecture/Discussion	5-15
Answers to "Unsafe Crib Game"	Large Group	5
Benefits of a Safe Sleep Policy Elements of a Safe Sleep Policy Alternate Sleep Position? Handling Parent's Concerns	Lecture/Discussion	5-20
Handling a Medical Emergency (optional) If a Baby Dies (optional)		5-20
Practice Scenarios (3 – 4)	Small group problem solving – large group sharing	10-20
Evaluation form as indicated [APPROVED FOR 1.0, 1.5, 2.0, or 2.5 CLOCK HOURS]		

Method(s) of Outcome Evaluation: Small Group Practice Scenarios; responses to discussion

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Date Approved:
1/30/2014

Authorized Approval Signature:



Date Expires:
1/30/2017