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| **Child Care Health Consultation Lesson Plan** |
| **Contractor Name:** DHSS Standard |
| **Date Submitted:** 03/05/2013 | **[ ]  Children’s Health Promotion** |
| **Adult Training on** | **Health and Safety Standards** | **Training Levels** |
| **Content Area V: Health and Safety*****Select one standard and one level*** | [ ]  Promoting Risk Management Practices | [ ]  1 | [ ]  2 | [x]  3 | [ ]  4 | [ ]  5 |
|  | [ ]  Protecting Children and Youth | ***Source:*** Core Competencies for Early Childhood and Youth Development Professionals(Kansas and Missouri), 2011 |
|  | [ ]  Promoting Physical Health |  |
|  | [x]  Promoting Mental Health |  |
|  | [ ]  Promoting Healthy Eating |  |
| **Title:** Stress Management: The Child Care Setting |
| **Training Goal:** Teach child care providers about stress and how to relieve stress in their everyday lives. |
| **Learning Objective(s):** Participants will understand the causes of stress and how to prevent and manage stress. |
| **Topical Outline of Content** | **Training Method(s)** | **Time****(in minutes)** |
| Knowledge assessment of participants Discuss what stress is, causes and effects of stress, how to prevent stress, and how to relieve stress.Group Discussion: Each participant will share how they cope/manage stress.Relaxation Techniques: Discuss various techniques to use when relieving stress in the child care setting. (2 Handouts)Relaxation Exercise: Participants will exercise relaxation techniques by listening to relaxation CD.Jeopardy GamePost-test and discussionTotal Training Time = Two (2) clock hours | Pre-testPower PointDiscussionHandout/DemonstrationAudioPower PointPost-test, review answers, discussion | 5 min.30 min 15 min.20 min.10 min.30 min.10 min.2 hours |
| **Method(s) of Outcome Evaluation:** Participants will be able to verbalize the cause and effect of stress along with techniques to relieve stress in the workplace and at home. Jeopardy game and post-test will also be given to evaluate understanding of topic. |
| **FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY** |
| **Date Approved:** 03/05/2013 | **Authorized Approval Signature:**  | **Date Expires:** March 2016 |

Rev. 4/26/2012