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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 | | 3 | 4 | | 5 |
|  | Protecting Children and Youth | | ***Source:***  Core Competencies for Early Childhood and Youth Development Professionals  (Kansas and Missouri), 2011 | | | | | | |
|  | Promoting Physical Health | |  | | | | | | |
|  | 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 Game  Post-test and discussion  Total Training Time = Two (2) clock hours | | | Pre-test  Power Point  Discussion  Handout/  Demonstration  Audio  Power Point  Post-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