



# Health and Safety

The Summer 2011 issue of HEALTH LINK ONLINE is available on the ECELS website at [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org). (Paste this URL into your web browser if the link in this e-mail message is not active for you.) The articles in this issue are:

- Children Left in Vehicles
- First Aid Corner
- New Choking & CPR Guidelines for Children
- Sun Protection—Use the UV Index
- Caring for Our Children, 3rd Edition
- Nutrition: MyPlate Replaces MyPyramid
- Food-borne Illness
- Using Online Professional Development
- Head Bumps Matter-Protecting Young Brains
- Insect Bites & Stings: 2011 Advice
- Swimming & Water Safety
- New Seat Restraint Recommendations

Please distribute this newsletter or the articles individually as widely as possible to foster best practices for health and safety in early learning facilities. The articles may be copied unchanged as long as you acknowledge their source. - Susan Aronson, MD - ECELS Pediatric Advisor.

Many of you are now aware of the release of the Caring For Our Children Standards. To Find out what is new or changed in the 3<sup>rd</sup> edition. Use this link, <http://nrckids.org/CFOC3/index.html> scroll down to the 2<sup>nd</sup> bullet to the document, New Additions and Significant Changes in the 3<sup>rd</sup> Edition. This document will be a helpful tool since all the standards can be searched online.



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- Kid's Health e-newsletter Link
- Head Bumps Matter-Protecting Young Brains Self-Learning Module

## **Head Bumps Matter-Protecting Young Brains Self-Learning Module**

ECELS has posted a new online, interactive, media rich self-learning module called *Head Bumps Matter-Protecting Young Brains Self-Learning Module*. Upon successful completion of this module, practitioners will learn to prevent the most common causes of head or brain injury, recognize and respond to such injuries, and learn about accommodation of a child in group care who has sustained a brain injury. The module and the corresponding *Document Packet* are on the ECELS website at [www.ecelshealthychildcarepa.org](http://www.ecelshealthychildcarepa.org). To access the module online, select one of the three sections headings where all the ECELS self-learning modules are posted. These sections are 'Early Education & Child Care Providers,' 'Media and Publications' and 'Child Care Provider Training.' Choose 'Self-Learning Modules' from the drop-down menu that appears when you roll your cursor over the section heading. Scroll down to "SLM Online-Head Bumps Matter, Protecting Young Brains". This module is designed as an online application and can be viewed on the Internet. To view the module online, you will need a broadband Internet connection (cable, DSL or FIOS). Click on the module title where it is posted on the ECELS website to open it. Pennsylvania early learning practitioners who do not have a broadband connection or have difficulty with their Internet connection may request a CD with the module and document packet on it from ECELS. Click on "Available to Order" next to the title of the module or "Request Self-Learning Module" in the left pane of the ECELS website. The CD will have a PDF version of the module. To use the PDF, you will need to have recent updates of the Adobe Reader (version 9.1 or higher) and Adobe Flash Player (version 10.1 or higher). Updated Adobe software can be downloaded for free at <http://www.adobe.com>. Copy the file named headbumpsmatter.pdf from the disc onto the hard drive on your computer. The module will not play correctly from the disc.

You need the *Document Packet* whether you use the module online or view it as a PDF from your hard drive. Download the *Document Packet* from the ECELS website or copy it from the disc. Each person seeking professional development credit for this module must complete and submit an individually completed set of documents. The requirements are detailed in the Document Packet. ECELS must receive these before the staff can review the completed module. ECELS will use grant funds to waive the registration fee while the funds are available.

