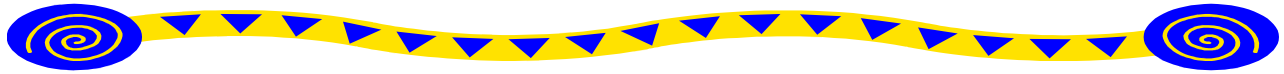


Good Health Handbook



INTRODUCTION

As child care providers, we know that one of your most important roles is to do all that you can to keep every child in your care healthy and safe. This handbook will help you by providing up-to-date information on health and safety issues.

The *Good Health Handbook* includes much of the information you will need about health policies, infection control, injury prevention, and childhood conditions and illnesses. It has been revised and expanded to include new chapters on Child Wellness, Child Abuse and the Successful Caregiver; as well as updated information throughout.

Though Choking and CPR are included in the topics covered in Chapter 5, it is very important for every child care provider to take a class with a certified instructor to learn the correct procedures. The skills needed cannot be learned from a book. It requires repeated hands-on learning. Contact your Licensing Specialist for a list of DHS approved courses in your area.

The information in this handbook has been carefully researched and reviewed. Recommendations are made only if there is good evidence that it will help protect the health and safety of the children in your care and their families. However, this book is only a guideline to follow and is in no way intended to replace the recommendations of your medical advisors.

We encourage you to contact your local health department and ask for the child care health consultant. Your child care health consultant can help you with many health and safety issues such as answering questions, assisting you in the development of health policies, teaching infection control, and proper handwashing.

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