## **Child Care Information Center**

201 W Washington Avenue, Suite 410 ♥ Madison WI 53703 ♥ 1-800-362-7353 or 608-535-3288 Fax: 608-422-7156 ♥ Email: ccic@wi.gov ♥ Internet: www.ccic.wi.gov

# Videos for Wisconsin Child Care Providers to Borrow: HEALTH AND SAFETY

This list is divided into the following sections: general topics; disease prevention; emergencies; nutrition and food safety; playground safety; safe sleep for babies. See also the list Children's Videos: Health & Safety.

Go to <u>www.ccic.wi.gov</u> and click on the tab **Child Care Library** for borrowing procedures and a searchable online catalog of all CCIC's audiovisual resources and books.

**HEALTH & SAFETY CONSULTATION IN CHILD CARE.** Susan Aronson, writer and executive producer. Rosemont, PA: Pennsylvania Chapter, American Academy of Pediatrics, 2005. 2-DVD set, 126 min. total.

Five-part video series designed to inform and encourage health care professionals working with child care programs in their communities. Part one: National resources (22 min.); Part two: Making observations (41 min.); Part three: The child care culture (24 min.); Part four: How to train child care staff (24 min.); Part five: Making health & safety improvement plans (18 min.).

A PLACE OF OUR OWN. EARLY CHILDHOOD SOLUTIONS: HEALTH AND NUTRITION. Los Angeles: Community Television of Southern California, 2008. DVD, 2 hours.

This PBS series hosted by Debi Gutierrez provides parents, caregivers, and child care providers with information to help young children develop social, emotional, and cognitive skills. Topics in this episode include exercise, healthy eating, preventing obesity, sleep, diabetes, asthma, and more.

**SAFE FROM THE START.** Hosted by Gloria Estefan. Beverly Hills, CA: I Am Your Child Foundation, 2000. DVD, 28 min.

Provides helpful information about: car seats and car safety, feeding and food safety, crib safety, diaper changing and bath time, choking prevention and first aid for choking, childproofing your home, toy safety, kitchen safety, safety outside the home, kids and gun safety.

**NOTE:** CCIC recommends the American Academy of Pediatrics free online courses:

Medication Administration in Early Care and Education Settings <a href="https://shop.aap.org/medication-administration-in-early-care-and-education-settings/">https://shop.aap.org/medication-administration-in-early-care-and-education-settings/</a>

#### Keeping Children Safe: Injury Prevention in Early Care and Education Settings

https://shop.aap.org/keeping-children-safe-injury-prevention-in-early-care-and-education-settings/

#### DISEASE PREVENTION

**BLOODBORNE PATHOGENS: EARLY CHILDHOOD.** Virginia Beach, VA: Coastal Training Technologies Corp, 2006. DVD in English and Spanish, with DVD-ROM features, 15 min. + handbook.

Explains bloodborne pathogens and established safety procedures. Disc includes resource and training materials such as leader's guide, PowerPoint and customizable PowerPoint in both English and Spanish to be used with program.

**BLOODBORNE PATHOGENS: INFANTS AND TODDLERS.** Virginia Beach, VA: Coastal Training Technologies Corp., 2004. DVD, 16 min. + handbook.

Explains bloodborne pathogens and safety procedures to use with infants and toddlers. Covers Hepatitis B, Hepatitis C and HIV, transmission, housekeeping, exposure control, personal protective equipment.

**GERMS AND VIRUSES: A SELF DEFENSE GUIDE.** Lake Zurich, IL: Learning Seed, 2006. DVD, 20 min. + pamphlet.

This basic unit in cleanliness and personal hygiene points out common misconceptions about microorganisms and tells which to fear, which to welcome, and how to protect yourself.

**NOTE:** CCIC recommends the American Academy of Pediatrics free online course:

**Bug Busting in Early Care and Education Settings** 

https://shop.aap.org/bug-busting-in-early-care-and-education-settings/

#### **EMERGENCIES**

**INFANT AND TODDLER EMERGENCY FIRST AID.** Boulder, CO: Apogee Communications Group, 2006. 2 DVDs.

These videos, endorsed by the American Academy of Pediatrics, show the proper actions to take when a child becomes ill or hurt. (Note: These videos are licensed for private home use only, but Apogee has given Wisconsin day care centers permission to show the videos for non-commercial, educational use – provided CCIC warns everyone that Apogee has already sued and collected large settlements from two day care centers that copied the videos. CCIC can give you order information if you want to purchase copies for your center. Do not copy these videos or any others you borrow unless the copyright holder gives you specific permission.)

Disc 1. INFANT AND TODDLER EMERGENCY FIRST AID: ACCIDENTS (43 min.)

Covers preparation, bites, stings, sunburn, heat exhaustion, heat stroke, electrical shock, frostbite, head injuries, nose injuries, falls, sprains, fractures, cuts, burns, shock, emergency medical services.

#### Disc 2. INFANT AND TODDLER EMERGENCY FIRST AID: ILLNESSES (43 min.)

Covers first aid kit, poisoning, dehydration, croup, fever, seizures, choking, rescue breathing, CPR review, emergency medical services.

**PEDIATRIC FIRST AID FOR CAREGIVERS AND TEACHERS.** Revised first ed. Sudbury, MA: Jones and Bartlett Publishers, 2008. DVD + 313-page guide + 155-page instructor's resource manual.

Designed to give caregivers and teachers education and skills necessary to provide critical first aid to children.

#### **NUTRITION AND FOOD SAFETY**

**BEYOND A PEANUT: MANAGING FOOD ALLERGIES IN A CHILD CARE SETTING.** Littleton, CO: Mind Flight, Llc, 2008. **CD-ROM** + training manual + 36 flash cards held together with a ring fastener.

This kit is designed to teach children and those who care for them how to stay safe with food allergies. It includes a set of Food Allergy Awareness cards, a training manual, a sample food allergy awareness safety check card, and a CD-ROM. The flashcards provide specific examples about peanut and tree nut allergies for children and caregivers.

**FEEDING WITH LOVE AND GOOD SENSE.** Ellyn Satter. Madison, WI: Ellyn Satter Associates, 2011. DVD, 83 min.

Four segments — infant, older baby, toddler, and preschooler — help parents and child care providers understand feeding from the child's perspective and be sensitive to how their own behaviors affect the child's eating. Each segment contains vignettes of five to ten real families. They demonstrate how to help children eat well, prevent power struggles with children over eating, and determine when and when not to hold the line. (Not about nutritional needs, choice of foods, or food preparation.)

**FOOD AND FITNESS MATTER: RAISING HEALTHY, ACTIVE KIDS.** With Julia Louis-Dreyfus. Beverly Hills, CA: Parents Action for Children, 2006. DVD, 24 min.

The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. This video provides parents with the information and support they need to improve children's health and wellness at home and in their schools.

**NOURISHING HEALTHY PRESCHOOLERS: A GUIDE TO MYPLATE NUTRITION.** Chicago, IL: Learning Seed, 2012. DVD, 27 min.

Using MyPlate and the USDA's dietary guidelines, this program shows how meals can include a variety of nutritious foods, how to determine appropriate portion sizes, how to make healthy snacks, and how to encourage physical activity. Also discusses common concerns about sugar, fat, and picky eaters. Shows how busy families can eat healthy.

#### PLAYGROUND SAFETY

**SAFE ACTIVE PLAY: A GUIDE TO AVOIDING PLAY AREA HAZARDS.** Washington, DC: NAEYC, 1997. DVD, 35 min.

Designed to help caregivers identify and avoid the most common causes of serious injuries during active play, both indoors and out. Describes 12 hazards and suggests how to avoid them while maintaining the quality of active play.

### SAFE SLEEP FOR BABIES (SIDS RISK REDUCTION)

SAFE SLEEP FOR YOUR BABY: REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS) AND OTHER SLEEP-RELATED CAUSES OF INFANT DEATH. Bethesda, MD: Eunice Kennedy Shriver National Institute of Child Health and Human Development, 2012. DVD, 10 min. May be viewed on the Safe to Sleep website: <a href="https://safetosleep.nichd.nih.gov/resources/caregivers/videos">https://safetosleep.nichd.nih.gov/resources/caregivers/videos</a>

Parents in a park talk about ways to reduce the risks of SIDS.

Note: CCIC recommends these free online trainings:

**Sleep Baby Safe.** Children's Health Alliance of Wisconsin. 3 10-minute training modules and a 90-minute PowerPoint about child care professionals guiding conversations with families to ensure their babies thrive. <a href="https://www.chawisconsin.org/initiatives/injury-prevention-death-review/sleep-baby-safe/">https://www.chawisconsin.org/initiatives/injury-prevention-death-review/sleep-baby-safe/</a>

**Reducing the Risk of SIDS and SUID in Early Education and Child Care.** American Academy of Pediatrics. A thorough SIDS risk reduction training. https://shop.aap.org/reducing-the-risk-of-sids-and-suid-in-early-education-and-child-care/

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The Wisconsin Child Care Information Center is part of the Division of Early Care and Education, Wisconsin Department of Children and Families.