

**Stepping Stones to Caring for Our Children:**  
National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, Third Edition

PROTECTING CHILDREN FROM HARM

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

## Stepping Stones to Caring for Our Children

Presented by:  
Danette Glassy, MD, FAAP  
& Richard Fiene, PhD

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### About NARA

- The National Association for Regulatory Administration (NARA) is an international professional organization dedicated to promoting excellence in human care regulation and licensing through leadership, education, collaboration, and services.
- NARA represents all human care licensing, including adult residential and assisted living, adult day care, child care, child welfare and program licensing for services related to mental illness, developmental disabilities and abuse of drugs or alcohol.
- We are human service regulatory professionals, human service providers, university faculty, independent researchers and consultants, allied professions from health, safety and legal disciplines, consumers and all others who share our vision: *Consumer Protection Through Prevention.*

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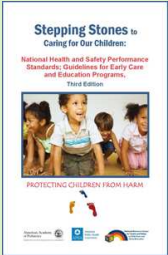
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**Stepping Stones to Caring for Our Children**

Presentation in partnership with

American Academy of Pediatrics:  
Healthy Child Care America/Child Care & Health Partnership  
National Resource Center for Health and Safety in Child Care and Early Education



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**Healthy Child Care America/  
Child Care & Health Partnership**

Provides technical assistance:

- Head Start and Early Head Start programs
- Child care caregivers/teachers
- Early educators
- Families/parents/guardians
- Health professionals
- Early childhood comprehensive systems
- State child care regulatory agencies
- State and local health departments
- Policy makers



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## Learning Outcomes

**Participants will be able to:**

1. Describe the purpose and general content of the new *Stepping Stones to Caring for Our Children*, 3<sup>rd</sup> Edition tool.
2. Summarize the importance of this tool.
3. Explain how *Stepping Stones* can be used as a risk assessment tool.

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## Scope of Health and Safety in Child Care

Health and safety topics in early education and child care to prevent harm & promote health:

- Injuries (minor to serious, physical and social-emotional)
- Infectious diseases
- Healthful habits
- Policies and practices
- Care plans for children with chronic health conditions

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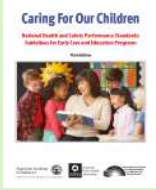
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## Caring for Our Children, 3<sup>rd</sup> Edition National Health and Safety Performance Standards for Early Care and Education Programs

- 3<sup>rd</sup> Edition revision completed and published in June 2011
- 4-year revision process
- 10 Technical Panels - 85 panel members - Content Experts from AAP, APHA, and subject specialists



<http://nrckids.org/CFOC3>

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## Caring for Our Children, 3<sup>rd</sup> Ed.

**Contents:**

<b>Chapter 1:</b> Staffing	<b>Chapter 6:</b> Play Areas/ Playgrounds & Transportation
<b>Chapter 2:</b> Program Activities for Healthy Development	<b>Chapter 7:</b> Infectious Disease
<b>Chapter 3:</b> Health Promotion and Protection	<b>Chapter 8:</b> Children With Special Health Care Needs & Disabilities
<b>Chapter 4:</b> Nutrition and Food Service	<b>Chapter 9:</b> Administration
<b>Chapter 5:</b> Facilities, Supplies, Equipment & Environmental Health	<b>Chapter 10:</b> Licensing & Community Action

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## Caring for Our Children, 3<sup>rd</sup> Ed. (CFOC3), Group 1: Partners

American Academy of Pediatrics (AAP)	
American Public Health Association (APHA)	
National Resource Center for Health and Safety in Child Care And Early Education (NRC)	
Maternal and Child Health Bureau (MCHB)	

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## Caring for Our Children, 3<sup>rd</sup> Ed., Group 2: Steering Committee

- Strategizes, directs, answers questions, reviews, and approves
- Composed of Representatives from Partners:
  - AAP: Danette S. Glassy, MD, FAAP, Co-Chair
  - APHA: Brian Johnston, MD, FAAP, Co-Chair
  - Jonathan Kotch, MD, FAAP, Co-Chair (during revision)
  - MCHB: Barbara U. Hamilton, MA, Project Officer
  - NRC: Marilyn J. Krajicek, EdD, RN, FAAN

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### **Caring for Our Children, 3<sup>rd</sup> Ed., Group 3: Technical Panels**

- Researches, writes, and reviews content of standards
- 10 panels with more than 80 technical experts
  - Child Abuse
  - Child Development
  - Children with Special Health Care Needs
  - Environmental Quality
  - General Health
  - Infectious Diseases
  - Injury Prevention
  - Organization and Administration
  - Nutrition
  - Staff Health

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### **Caring for Our Children, 3<sup>rd</sup> Ed., Group 4: Stakeholders**

- Review standards and give comments/suggestions to Technical Panels
- More than 180 individuals and organizations including:
  - Parents/Guardians
  - Caregivers/Teachers
  - Health Care Providers
  - Public Health Officials
  - State and Federal Agencies
  - National Organizations

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### **Caring for Our Children, 3<sup>rd</sup> Ed.**

Development/Revision Process:

- Technical panels reviewed existing standards in 2nd Ed. and created new standards
- 185 Stakeholders gave feedback
- Technical Panels reviewed Stakeholder feedback and recommendations
- Partner Organization Steering Committee and Boards gave final approval

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### Caring for Our Children, 3<sup>rd</sup> Ed. (CFOC3)

## The CFOC3 Database



<http://cfoc.nrckids.org/>

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## What is Stepping Stones?

The subset (138) of CFOC3 standards that, when put into practice, are most likely to prevent serious *adverse outcomes* in child care and early education settings.

- Prevent *immediate* harm/injury to children.
- Prevent *long-term* harm due to cumulative effects of repeated failure to follow best practices for health and safety.

SS3 supports efforts to achieve improved health and safety in out-of-home settings.

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## SS3 Development Process

- Methodology Committee advised NRC on methodology
- 61 technical panels members rated CFOC3 standards from 2<sup>nd</sup> Ed. and new CFOC3 standards
- More than 70 Stakeholders reviewed: Providers, Educators, Researchers, Regulators, and Health Consultants
- Methodology Committee and NRC Staff reviewed and revised
- Partner Organizations and Steering Committee gave final approval

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### SS3 Methodology Committee

**Abbey Alkon, RN, PNP, PhD**  
Professor, University of California, San Francisco  
School of Nursing Director, California Childcare Health Program

**Paul Cook, PhD**  
Associate Professor, University of Colorado College of Nursing

**Dr. Richard Fiene, Ph.D.**  
Director, Research Institute for Key Indicators & Retired HDFS Professor, Penn State University

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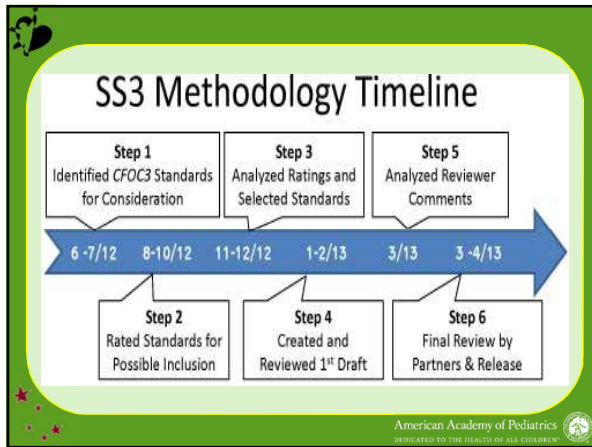
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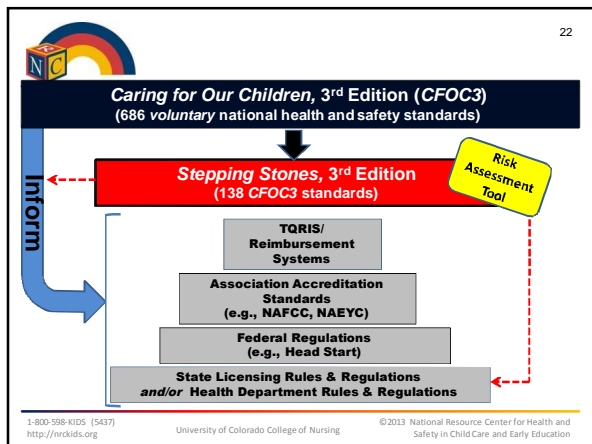
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### Who is the audience for *Stepping Stones*?

- State child care licensing and regulatory agencies
- Early education and child care programs
- Parents
- Health care professionals and organizations
- Resource and referral agencies
- Early care and education advocacy groups

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### Examples of *CFOC3* Standards in *Stepping Stones*

Chapter 1 – Staffing

- 1.1.1.1 Ratios for Small Family Child Care Homes
- 1.1.1.2 Ratios for Large Family Child Care Homes and Centers
- 1.1.1.3 Ratios for Facilities Serving Children with Special Health Care Needs and Disabilities
- 1.1.1.4 Ratios and Supervision During Transportation
- 1.1.1.5 Ratios and Supervision for Swimming, Wading, and Water Play

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### *Stepping Stones*, 3<sup>rd</sup> Edition

#### *Examples: Immediate Risk/Harm*

- [2.2.0.4: Supervision Near Bodies of Water](#)
- [3.1.4.1: Safe Sleep Practices and SIDS/Suffocation Risk Reduction](#)
- [3.4.6.1: Strangulation Hazards](#)
- [3.6.3.2: Labeling, Storage, and Disposal of Medications](#)
- [4.2.0.8: Feeding Plans and Dietary Modifications\\*](#)
- [4.5.0.10: Foods That Are Choking Hazards](#)
- [5.5.0.7: Storage of Plastic Bags](#)
- [6.4.1.5: Balloons](#)

\*SS3 Standards related to caring for children with special health care needs and disabilities

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### Suggestions for Use of the Compliance/Comparison Checklist:

By licensing staff who want to compare *Stepping Stones* standards to the subject areas covered in their state regulations and determine where there are gaps and where regulations should be added.

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### Example of Addressing Disparities in Licensing Standards and Best Practice (from the 2<sup>nd</sup> Edition)

Health and Safety Assessment		Assessment Item Analysis Using "Stepping Stones" from "Caring for Our Children," 2 <sup>nd</sup> Edition										
SANITATION PRACTICES		Item to assess	Standard	0-23 All Child Care	0-23 C C C	24-35 C C C	36-44 C C C	45-59 C C C	60-74 C C C	75-99 C C C	100 C C C	Facility
1.	Sanitation: Toothbrushes are properly handled and stored.		5.091-toothbrushes and toothpaste 6.027-disease recognition and control of HIV									
2.	Sanitation: Bleachwater sanitizing solution is available and mixed daily.		3.214-disinfecting 3.023-body fluids 4.020-washing dishes by hand Appendix 1, J	X								X
3.	Sanitation: All trays and tables are sanitized before food/snacks are served.		4.044-maintenance of food service surfaces 6.033 infant feeding positions									X
4.	Sanitation: Children are not exposed to sanitation / disinfectant products (mists, vapors, liquids) during the		6.102 presence of toxic substances									

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### Suggestions for Use of the Compliance/Comparison Checklist:

By caregivers, teachers, and directors who want to be sure they are complying with those standards that have the most potential to prevent harm to children in their settings.



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### Suggestions for Use of the Compliance/Comparison Checklist:

By families who want to be sure their child's early care and education program is complying with these important standards.



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### Example of Parent Use

Stepping Stones, 3 <sup>rd</sup> Edition Compliance/Comparison Checklist			
CFOCI Standard Number	CFOCI Standard Title	Compliance/Comparison	
		Yes	No
<b>Chapter 3 - Health Promotion and Protection</b>			
3.1.2.1	Routine Health Supervision and Growth Monitoring	✓	
3.1.3.1	Active Opportunities for Physical Activity	✓	
3.1.3.2	Playing Outdoors	✓	
3.1.4.1	Safe Sleep Practices and SIDS Risk Reduction	Ask	
3.1.5.1	Routine Oral Hygiene Activities	✓	
3.2.1.4	Diaper Changing Procedure	✓	
3.2.2.1	Situations that Require Hand Hygiene	Ask	

Parent has observed the checked items, but, needs to speak with the Director about the items marked "Ask."

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### Suggestions for Use of the Compliance/Comparison Checklist:

By child care health consultants and trainers to assess the training needs of a child care program.



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*Stepping Stones to Caring for our Children* is available to download at <http://nrckids.org/index.cfm/products/stepping-stones-to-caring-for-our-children-3rd-edition-ss3/>

Not available for purchase.

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**Contact Information**

**National Resource Center for Health and Safety in Child Care and Early Education:**



Web site: <http://nrckids.org>  
Telephone: **1-800-598-5437**  
Email: [info@nrckids.org](mailto:info@nrckids.org)  
f: [NRCKids](#)

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**Contact Information**

**Healthy Child Care America, Child Care & Health Partnership:**

Web site: [www.healthychildcare.org](http://www.healthychildcare.org)  
Telephone: **888-227-5409**  
Email: [childcare@aap.org](mailto:childcare@aap.org)



f [AAP Early Education and Child Care](#)

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**THANK YOU!**

- **Now Available: Preventing and Managing Infectious Diseases in Early Education and Child Care** Online Learning Module
- **Now Available: Medication Administration in Early Education and Child Care** Online Learning Module Available in English and Spanish

<http://www.healthychildcare.org/HealthyFutures.html>



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