COLORADO
CHILD CARE HEALTH CONSULTATION COMPETENCIES
SECOND EDITION, 2018

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COLORADO CHILD CARE HEALTH CONSULTATION – COMPETENCIES

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BACKGROUND & RATIONALE

Healthy Child Care Colorado partnered with statewide experts to develop this set of competencies for the practice of Child Care Health Consultation in Colorado. Competencies are an essential part of a professional development system because they provide a common set of standards, clear definitions about what knowledge is needed to provide quality services and serve as a solid foundation for practitioners.

These competencies outline best practices for child care health consultation in Colorado, ensure consistent practice of those serving in this role, and provide a tool for annual self-reflection and professional development. Child Care Directors may find these valuable in understanding the Child Care Health Consultant (CCHC) role, creating job descriptions, and as an evaluation tool for annual and ongoing assessment of their CCHC. You are encouraged to use the electronic copy of this document since it includes active links to resources, rules, and training sites.

Why use core competencies for child care health consultation?
- Provide clear definitions on what CCHCs need to know and do to assist programs in meeting and exceeding basic health and safety requirements in early childhood settings.
- Essential part of a comprehensive professional development system.
- Support professionalism for this unique and critical role by serving as the foundation for practitioners to understand their role, examine their strengths and areas for growth, and outline opportunities to enhance their practice.

The structure of these competencies includes four levels of competence, like Patricia Benner's Nursing Theory, *From Novice to Expert.* They begin with basic skills and knowledge needed to enter the role and go to an advanced level of academic preparation and wide range of experience. The four levels are cumulative, meaning practitioners working at a level 4 have the skills and knowledge to meet all the competencies at levels 1, 2, and 3. Advancing through the levels is done by obtaining further education, training, mentoring/coaching, implementing best practices, and reflective practice.

Healthy Child Care Colorado serves as the statewide hub for Child Care Health Consultation in Colorado. We work on the local, state, and national level to strengthen awareness and support for this unique and critical role. We collaborate to provide the following support, training, and resources to the network of CCHCs:
- Ongoing training and technical assistance related to the CCHC role
- Regular informational webinars and seminars on relevant health and safety topics
- Email forum and regular newsletters
- Health Hub Resource Center – online resource library with best practice resources, materials, articles, templates, professional development information, and more

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REQUIREMENTS FOR THE CHILD CARE HEALTH CONSULTANT

All licensed child care centers, preschools, and school-age programs in Colorado are required to have a minimum of one monthly visit from a Child Care Health Consultant – a medical professional who assists the program in meeting and exceeding basic health and safety standards. Family Child Care Homes are required to have a CCHC when delegation is needed. CCHCs have a unique and critical role in supporting the health, safety, and wellness of children in early childhood settings.

Child care health consultation in Colorado is delivered in various ways. Consultants are self-employed or are hired by hospitals, local public health agencies, schools, Head Start programs, and more. The value of the CCHC to the licensed program they serve is dependent upon the competency of the CCHC. Ongoing professional development contributes to the quality and safety of the nursing and medical practice within early childhood programs.

CCHCs must hold a current Colorado license as a registered nurse, pediatric nurse practitioner, family nurse practitioner, or pediatrician with knowledge and experience in maternal and child health. CCHCs are also required to:

- Attend Child Care Health Consultation 101 training
- Complete annual immunization training
- Provide the early childhood program with documentation of their current medical/nursing license, biography, and training certificates
- Conduct and thoroughly document the monthly consultation that is specific to the needs of the program

CCHCs provide the legally required transfer of authority, known as delegation, so trained early childhood staff may administer medications and implement special health care procedures for children in their program. They also serve as a guide to the program's administration, staff, children, and families to more effectively integrate health, safety, and wellness related information and evidence-based practices.

The Child Care Licensing rule for center-based child care is below. 7.702.45C
1. Staff must consult with a currently Colorado licensed registered nurse with knowledge and experience in maternal and child health, a pediatric nurse practitioner or a family nurse practitioner, or a pediatrician at least once a month at the child care facility. The monthly consultation must be specific to the needs of the facility and include some of the following topics: training, delegation and supervision of medication administration and special health procedures, health care, hygiene, disease prevention, equipment safety, nutrition, interaction between children and adult caregivers, and normal growth and development. In part day preschools that operate less than five (5) hours per day or drop-in child care centers, consultation must occur as often as the nurse delegating medications requires.
2. The date and content of each consultation must be recorded and maintained in the center's files.
3. The center must maintain documentation including the Child Care Health Consultant's (CCHC) Department of Regulatory Agencies (DORA) proof of RN or MD current licensure in good standing, a brief biography highlighting applicable knowledge, experience and approximate dates worked as a school nurse or child care health consultant commenced.

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4. Child Care Health Consultants (CCHC) hired after February 1, 2016, must complete the Department approved Child Care Health Consultant (CCHC) training within six (6) months. The center must obtain and maintain proof of course completion. CODE OF COLORADO REGULATIONS 12 CCR 2509-8 Social Services Rules 45.
5. Child Care Health Consultants (CCHC) employed as a health consultant prior to February 1, 2016, must complete the Department approved Child Care Health Consultant (CCHC) training by August 1, 2016. The center must obtain and maintain proof of course completion.
6. All Child Care Health Consultants (CCHC) must complete the Department approved Colorado Department of Public Health and Environment (CDPHE) immunization course annually, found at Colorado Shines PDIS.

There are many other non-regulatory requirements needed to fully and safely serve in this role for licensed early childhood programs in your community.

COMPETENCY LEVEL DESCRIPTIONS

Level 1: The foundation of basic skills and knowledge to best support quality child care health consultation within the child care setting. *According to Benner's concept, the novice is a beginner with no experience, mostly following instruction. The advanced beginner shows acceptable performance and has gained prior experience in actual nursing situations. Principles begin to formulate to guide actions.*

Level 2: Applying skills and knowledge to plan and implement quality child care health consultation activities and experiences within the child care setting. *According to Benner's concept, a competent nurse has around 2-3 years of experience in their role, is more aware of long-term goals, and gains perspective from planning their own actions, achieving greater efficiency and organization.*

Level 3: Creating healthy and safe early learning and development environments and guiding others to promote policies, procedures, and best practices that are optimal for the health and safety of young children. *According to Benner's concept, the proficient nurse perceives and understands situations as whole parts. They learn from experience what to expect in certain situations and how to modify plans as needed.*

Level 4: Advancing the field of child care health consultation by providing leadership through advocacy, teaching, and mentoring. *According to Benner's concept, expert nurses have a deeper background of experience and an intuitive grasp of clinical situations. Their performances are fluid, flexible, and highly proficient.*

Use the competency chart below to reflect on your practice, skills, and ongoing professional development by conducting a self-assessment of the levels you are at in each category.

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CHILD CARE HEALTH CONSULTANT COMPETENCIES

CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
FOUNDATIONAL	☐ Complete the Department approved Child Care Health Consultant (CCHC) training; CCHC 101 found as an online course at CO Train, and offered as a face-to-face training with Healthy Child Care Colorado. ☐ Complete the Department approved Colorado Department of Public Health and Environment (CDPHE) immunization course annually, found as an online course within the Colorado Shines Professional Development Information System. ☐ Know Colorado immunization resources: at CDPHE and Immunize for Good ☐ Register as a Medication Administration Trainer with Healthy Child Care Colorado to become familiar with the Medication	☐ Provide training, delegation, and supervision of routine medications ☐ Provide training, delegation, and supervision of health care procedures required for children in care ☐ Determine method for contacting the CCHC for consultation if the program has questions concerning child issues, concerns, and delegated procedures between visits ☐ Determine and agree upon the minimum requirements and expectations of the program as well as the CCHC regarding consultation communication between visits to the program ☐ Know Colorado immunization requirements and status	☐ Acquire knowledge and resources on additional health and safety topics important to early childhood settings, including but not limited to: • Injury prevention • Oral health • Pediatric nutrition and healthy eating • Obesity prevention • Physical activity • Social and emotional health • Screen time • Environmental health • Infancy and early childhood development • Staff health including adult immunizations • Disaster planning • Early Childhood Intervention • Child Find	☐ Include a focus on preventative strategies in your consultation regularly such as safe sleep for infants, tooth brushing, nutrition, etc.

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
	Administration curriculum and Health Hub resources ☐ Be familiar with the Colorado Nurse Practice Act for RNs ([Chapter XIII Rules and Regulations Regarding the Delegation of Nursing Tasks](#)), and/or Medical Practice Act for MDs/Dos ([Rule 800: Delegation and Supervision of Medical Services](#)), and the rules relating to delegation of medications and/or health care procedures to unlicensed assistive personnel (UAP) in a community setting ☐ Recognize and access the Colorado [regulations applicable to the child care settings served](#) ☐ Determine the level of intervention and service needed by the CCHC based on the type of program served; ☐ [Complete the national CCHC training modules for child care health consultation](#)	of children in the program ☐ Gain knowledge and resources to assist program with communicable disease management ☐ Determine ongoing training needs and opportunities within health, safety, and wellness topic areas ☐ Develop awareness of cultural diversity among children, families and staff of programs served ☐ Acknowledge and support skill/knowledge deficits of health care procedures ☐ Obtain skills and knowledge of health care procedures ☐ Demonstrate consultation, collaboration, and relationship skills	☐ Develop and provide staff and/or parent trainings to meet the health and safety needs of children in the program ☐ Partner with program leadership for [policy development and/or policy revision](#) that meets and exceeds standards.	

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
REGULATIONS	☐ Understand the regulations impacting early childhood programs, including Colorado's licensing and sanitation rules for Child Care settings ☐ Access pertinent rules and regulations ☐ Maintain confidentiality of all child and staff health information	☐ Identify rules most relevant to CCHC role, medication administration, chronic disease management ☐ Identify rules most relevant to staff training requirements and communicable disease management ☐ Verbalize knowledge of the identified health priority areas of obesity prevention, oral health, social emotional well-being, and injury prevention	☐ Design strategies and encourage program implementations which focus on priority areas identified by licensing and regulatory visits	☐ Participate in the revision process for applicable rules and regulations ☐ Acts as a resource, expert, and mentor to others
TRAINING AND DELEGATION OF "ROUTINE" MEDICATIONS	☐ Register as a Medication Administration Trainer ; ☐ Access and become familiar with the content of the Medication Administration Training curriculum through the Health Hub.	☐ Determine in collaboration with program director the number of medication trained staff and delegatees required to provide program coverage and meet regulations; ☐ Medication training, delegation, and ongoing supervision is completed according to the approved curriculum	☐ Develop safeguards to ensure safe medication administration; ☐ Supervise medication administration delegatees and provide a plan to improve performance when necessary; ☐ Establish program policy regarding storage and administration of routine medications	☐ Assist in curriculum revisions and updates of the Colorado approved Medication Administration Training in collaboration with HCCC; ☐ Conduct quarterly "Mock Drills" with staff to ensure safe medication administration skills

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
STANDARD PRECAUTIONS TRAINING	☐ Enroll as a Standard Precautions trainer through Colorado Shines (PDIS), and become familiar with the state-approved training content as well as OSHA requirements ☐ Review the required elements and process for development of an OSHA required Exposure Control Plan ☐ Verify that all employees receive initial training and ongoing, yearly training requirements are met	☐ Assist with the development of an accurate, site-specific Exposure Control Plan and determine the program's process, in the event of an exposure, is understood by all program staff ☐ Deliver the state-approved Standard Precautions training including hands-on education for proper use of PPE (personal protective equipment) using scenarios and return demonstration	☐ Establish implementation and updates of the OSHA required Exposure Control Plan, reviewed annually with all program staff ☐ Assess for risk factors of potential exposure(s) and provide program with ongoing support	☐ Assist in curriculum revisions and updates of the Colorado approved Standard Precautions Training, updating content in collaboration with HCCC ☐ Be a trusted resource, expert, and mentor to others ☐ Share best practice information with early childhood programs
COMMUNICABLE DISEASE MANAGEMENT	☐ Knowledge of commonly used resources concerning specific diseases as well as exclusion; e.g. CDPHE Infectious Disease Guidelines in the School and Child Care Setting.	☐ Provide staff training to increase understanding of illness exclusion policies ☐ Support program with information and validation of illness guidelines when appropriate ☐ Increase staff knowledge about the importance of daily health checks, use of illness tracking logs, and reportable illness communications with	☐ Serve as a resource to ensure parents understand the program's illness exclusion policies and immunizations ☐ Establish illness exclusion policy.	☐ Be a trusted resource, expert, and mentor to others ☐ Provide expertise and technical assistance to policy makers at the state and local level ☐ Serve on local and/or statewide immunization teams/committees to improve Colorado immunizations rates for children

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		local public health agency ☐ Support staff and program leaders to track student immunizations, exemptions, and report required data to the Colorado Department of Public Health and Environment annually ☐ Encourage staff immunization.		☐ Participate or become a member of the Colorado Immunization Coalition and its activities.
CHRONIC DISEASE MANAGEMENT	☐ Demonstrate knowledge of rules for delegation of health care procedures to Unlicensed Assistive Personnel (UAPs) ☐ Determine your own knowledge, skills and ability concerning required interventions for management of the condition; ☐ Seek resources and refresh skills ☐ Demonstrates ability to complete a comprehensive health care plan to accommodate chronic disease management	☐ Acquire necessary training and knowledge of interventions to effectively support staff ☐ Willingness to train and delegate required interventions to appropriate staff ☐ Provide ongoing supervision of delegated interventions ☐ Encourage and support inclusion of students with special health care needs ☐ Be familiar with requirements to serve children with special needs	☐ Participate in state-wide committees and teams to provide input to chronic disease management ☐ Advocate for children with special needs.	☐ Be a trusted resource, expert, and mentor to others.

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		☐ Demonstrate knowledge and understanding of the ADA (Americans with Disabilities Act)		
SEVERE ALLERGY	☐ Understand rules for delegation of emergency medications to Unlicensed Assisted Personnel (UAPs) ☐ Determine your own knowledge, skills and ability concerning required interventions for moderate to severe allergic reactions ☐ Seek resources and refresh skills ☐ Access and become familiar with the content of the Medication Administration Training curriculum for "Responding to and Managing Severe Allergy and Anaphylaxis" through the Healthy Child Care Colorado Health Hub.	☐ Acquire necessary training and knowledge to effectively support staff ☐ Perform baseline assessment ☐ Acquire or develop a health care plan in partnership with health provider, family, staff, and child (when appropriate) ☐ Coordinate plan of care training and delegation of emergency care, including emergency medication administration ☐ Modify plan of care based on availability of medication and/or trained staff to respond to emergency care needs ☐ Evaluate outcomes of plan of care and modify plan accordingly.	☐ Guide and support program with self-carry requests for emergency medications, collaborating with health care provider, family, child, and staff to determine best support for each child's needs ☐ Establish program-wide policies and procedures for implementation of Stock Epinephrine, following guidelines and best practice developed by Colorado Department of Education (CDE); ☐ Participate in state-wide committees and teams to provide input to severe allergy management.	☐ Be a trusted resource, expert, and mentor to others.

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
ASTHMA	☐ Understand rules for delegation of inhaled medications to UAPs ☐ Determine your own knowledge, skills and ability concerning required interventions for the management of asthma; ☐ Seek resources and refresh skills ☐ Access and become familiar with the content of the Medication Administration Training "Asthma and Inhaled Medications" curriculum through the Healthy Child Care Colorado Health Hub	☐ Acquire necessary training and support to effectively work with staff; ☐ Perform baseline assessment ☐ Acquire or develop a health care plan in partnership with health provider, family, staff, and child (when appropriate); ☐ Deliver or Complete plan of care training as well as delegation of emergency care, including emergency medication administration; ☐ Modify plan of care based on availability of medication and/or trained staff to respond to emergency care needs ☐ Evaluate outcomes of care and modifies plan accordingly	☐ Guide and support programs when they receive self-carry requests for emergency medications and collaborate with health care provider, family, child, and staff to determine best support for each child's needs ☐ Participate in state-wide committees and teams to provide input to asthma disease management	☐ Be a trusted resource, expert, and mentor to others. ☐ Acquire an Asthma Expert Certification (AEC) ☐ Implement an asthma program for screening and care of children with asthma
DIABETES	☐ Understand rules for delegation of invasive health care procedures to UAPs ☐ Determine your own knowledge, skills and ability concerning required interventions for the condition management	☐ Acquire necessary training and support to work with staff ☐ Perform baseline assessment ☐ Acquire or develop a health care plan in partnership with health	☐ Collaborate with health care providers, nurse educators, diabetes resource nurses, and other state resources to support individual needs of each child with diabetes	☐ Participate in updates to the Colorado Diabetes Standards of Care ☐ Be a trusted resource, expert, and mentor to others

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE

	☐ Seek resources and refresh skills
	☐ Access best-practice resources and support, including Colorado Kids with Diabetes
		provider, family, staff, and child (when appropriate)
		☐ Deliver plan of care training as well as delegation of care interventions
		☐ Modify plan of care based on availability of medication and/or trained staff to respond to emergency care needs
		☐ Evaluate outcomes of care and modifies plan accordingly
		☐ Maintains up-to-date skills and knowledge regarding diabetes care and technology, including:
		  • Blood glucose monitoring
		  • Ketone testing for blood and/or urine.
		  • Emergency diabetes medications, including Glucagon administration
		  • Insulin administration
		  • Continuous glucose monitoring
			☐ Participate in state-wide committees/teams to provide input to diabetes management	

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE

SEIZURES	☐ Understand rules for delegation of invasive health care procedures to UAPs
	
	☐ Determine your own knowledge, skills and ability concerning required interventions for the condition management
	
	☐ Seek resources and refresh skills
		☐ Perform baseline assessment;
		
		☐ Acquire necessary training and support to work with staff
		
		☐ Acquire or develop a health care plan in partnership with health provider, family, staff, and child (when appropriate)
		
		☐ Deliver plan of care training as well as delegation of emergency care
		
		☐ Modify plan of care based on availability of medication and/or trained staff to respond to emergency care needs
		
		☐ Evaluate outcomes of care and modifies plan accordingly
		
		☐ Ensure up-to-date knowledge and training regarding:
		   • Appropriate seizure first aid and management
		   • Administration of emergency seizure medications,
			☐ Participate in state-wide committees and teams to provide input to seizure management	☐ Be a trusted resource, expert, and mentor to others

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		including Diastat® and intranasal midazolam.		
OTHER MULTIPLE OR COMPLEX CONDITIONS, including intellectual or developmental disabilities (i.e. autism, developmental delays, etc.)	☐ Understand rules for delegation of applicable invasive health care procedures to UAPs ☐ Determine your own knowledge, skills and ability concerning required interventions for the condition or equipment management ☐ Seek resources and refresh skills	☐ Perform baseline assessment ☐ Acquire necessary training and support to work with staff ☐ Acquire or develop a health care plan in partnership with health provider, family, staff, and child (when appropriate) ☐ Deliver plan of care training as well as delegation of emergency care ☐ Modify plan of care based on availability of medication and/or trained staff to respond to emergency care needs ☐ Evaluate outcomes of care and modifies plan accordingly ☐ Ensure current up-to-date knowledge about other complex medical conditions and interventions as they relate to current child	☐ Collaborate with health care providers, nurse educators, and other state resources to support individual needs of each child with complex health conditions ☐ Participate in state-wide committees/teams to provide input to complex conditions management	☐ Be a trusted resource, expert, and mentor to others

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
TEAMWORK, COLLABORATION, AND RELATIONSHIPS	☐ Recognize and participate in support systems among peers ☐ Develop productive working relationships with program leadership and classroom staff ☐ Awareness of other health and mental health providers/consultants working with program and children in program ☐ Understand CCHC role within program ☐ Understand role of program administration ☐ Consider needs of children, families, and staff when providing services ☐ Understand quality customer service	☐ Gather and utilize input from program staff and families to inform each other of ongoing work ☐ Attend offerings for CCHCs such as: trainings, webinars, seminars, and more	☐ Partner with other CCHCs to identify areas of need in consultative practice ☐ Participate in Healthy Child Care Colorado's Peer Mentoring Program.	☐ Participate in state and national CCHC and non-CCHC networks ☐ Meet other consultants working with the program to have a broader understanding and maximize impact; ☐ Collect feedback from your clients on the quality of services you provide at least annually
BUSINESS PRACTICES	☐ Ensure clear outline of agreement between consultant and program including scope of work that meets licensing requirements and meets the basic needs of the program	☐ Maintain comprehensive documentation of monthly visits, trainings, delegation, ongoing supervision, and services provided	☐ Provide sample contracts, business plans, and other documents for others to use as resources	☐ Provide business expertise at local and state meetings and through CCHC of Colorado Seminars
EVIDENCE BASED PRACTICE RESOURCES ON	☐ Create your account in the Health Hub Resource Center	☐ Integrate evidence-based practice resources and	☐ Review continually updated information on best practices	☐ Develop additional evidence-based practice resources

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
HEALTH, SAFETY AND NUTRITION INFORMATION	☐ Managing Infectious Disease in Child Care and School, and Caring for Our Children (CFOC 3) ☐ Child Care Licensing administrative guides.	standard of care into practice with programs		for use with programs and to share with the CCHC community
PROFESSIONAL DEVELOPMENT and REFLECTIVE PRACTICE	☐ Complete Colorado's department-approved CCHC on-line CCHC 101 or in-person training, provided by Healthy Child Care Colorado ☐ Participate in Colorado's CCHC email list serve ☐ Familiarity with required education for licensed program staff, including Safe Sleep, Abusive Head Trauma, MAT courses ☐ Complete an annual self-evaluation of own knowledge and skills using these competencies to identify gaps.	☐ Complete CCHC 201 training, provided by Healthy Child Care Colorado ☐ Participation in the CCHCs of Colorado Seminars ☐ Attend Colorado Department of Education (CDE) Annual Regional Nurse Workshop for School Nurses for best practice updates ☐ Set annual goal related to self-evaluation ☐ Participation in mentoring program	☐ Plan ongoing training opportunities identified priority areas, including skills review if applicable ☐ Create a professional development plan that helps you enhance your practice as a CCHC	☐ Participate in the development of CCHC training content nationally and with Healthy Child Care Colorado ☐ Participate or Lead the delivery of CCHC trainings with Health Child Care Colorado ☐ Develop and offer training opportunities for CCHCs in collaboration with HCCC ☐ Obtain certification in pediatric or school nursing, asthma or other applicable specialty area ☐ Participate in Healthy Child Care Colorado's Peer Mentoring Program

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
				☐ Participate in the CCHCs of Colorado Leadership team
PROGRAM ASSESSMENT AND QUALITY IMPROVEMENT	☐ Identify resources needed to complete assessment of a program's needs related to health and safety.	☐ Utilize established tools of assessment and support the program in creating an of improvement plan ☐ Provide services and/or resources based on assessed needs.	☐ Negotiate additional services required, based on program needs ☐ Develop needed policies and procedures.	☐ Support program in quality improvement initiatives ☐ Provide proactive consultation services to ensure policies and procedures are created and implemented.
HEALTHY CHILD CARE COLORADO PRIORITY AREAS	☐ Awareness of HCCC efforts to impact early childhood settings in the four priority areas: • Obesity Prevention • Oral Health • Social & Emotional Well-Being • Injury Prevention ☐ Become familiar with HCCC website	☐ Share information related to the priority areas with program administration ☐ Inform staff and families of national and statewide efforts to impact these areas within early childhood settings	☐ Incorporate information into training content offered to staff, children, and families	☐ Participate in the development of training modules for use by the CCHCs and early childhood professionals in collaboration with HCCC
OBESITY PREVENTION	☐ Be aware of Colorado data related to obesity in infants and young children; ☐ Understand obesity prevention best practices in child care	☐ Identify child care rules and regulations which support obesity prevention ☐ Identify state and national resources ☐ Understand program's nutrition/meals practices	☐ Establish policy related to nutrition, meal planning, physical activity, screen time and other obesity prevention activates	☐ Champion obesity prevention in early childhood programs state-wide ☐ Participate in state-wide obesity prevention coalitions

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		including sugared sweetened beverages ☐ Understand program's practices related to screen time, and physical activity	☐ Plan program goals or activities for obesity prevention ☐ Understand program BMI rates and children/staff with health issues related to obesity ☐ Create or identify education opportunities for staff about obesity prevention	☐ Be a trusted resource, expert, and mentor to others
ORAL HEALTH	☐ Be aware of Colorado data related to young children's oral health; ☐ Understand oral health best practices in child care	☐ Identify child care rules and regulations which support oral health ☐ Identify state and national resources ☐ Understand program's policies and procedures related to toothbrushing, tooth healthy foods, and drinking water accessibility ☐ Educate staff about the 5 basics of oral health: • Baby Teeth are Important • Water for Thirst • Tooth Healthy Foods • Brush, Floss, Swish	☐ Collaborate with program staff to create policies and procedures for implementing tooth brushing daily ☐ Initiate daily toothbrushing in the program	☐ Champion oral health to other CCHCs and statewide ☐ Participate in state-wide oral health initiatives ☐ Be a trusted resource, expert, and mentor to others

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		• Going to the Dentist.		
SOCIAL & EMOTIONAL WELL-BEING	☐ Define social and emotional health for children in group care ☐ Be aware of Colorado data related to young children's expulsion rates and mental health needs ☐ Be aware of research on addressing children's social emotional development and the consequences of expulsion ☐ Understand social emotional well-being best practices in child care	☐ Identify child care rules and regulations which support social emotional well-being, reduce challenging behavior, and mitigate expulsion ☐ Identify state and national resources including local Mental Health Consultant; ☐ Understand the importance and impact of social emotional skills when engaging with children, families, and staff ☐ Coordinate education opportunities for staff about social and emotional health including: • Need for family resources and basic physiological needs (food, shelter, security) before they are capable of full involvement in their child's early childhood program (i.e.: safety, relief from stress)	☐ Establish policy and program activities to promote the concept of good health in all domains (physical, cognitive, language, social, and emotional) includes mental health and wellness ☐ Facilitate training and support to families for • social and emotional well-being • importance of relationships, early brain development, and toxic stress • preventions to address children at risk of social emotional delays • interventions for children with persistent challenges • inclusion of children with special needs ☐ Identify and respond when more involved	☐ Champion social emotional health statewide ☐ Participate in state wide initiatives ☐ Participate in local or state committee to improve social emotional health in early childhood ☐ Be a trusted resource, expert, and mentor to others ☐ Serve as a model when using social emotional skills in early childhood settings while nurturing positive relationships ☐ Work with program staff to understand impact of caregiver's own social emotional well-being on interactions with children in their care ☐ Partner with Mental Health Consultant and program to initiate programs to

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		• Understand children's social emotional developmental stages and abilities • Impact of trauma and chronic or acute stress on children and their families ☐ Review program's policy related to suspensions and expulsions and inquires/reviews program's step by step process within this policy ☐ Serve as a resource for staff regarding community resources for basic needs	training is needed (trauma, toxic stress, mental health concerns) ☐ Collaborate with program's early childhood mental health consultant when applicable ☐ Provide training for staff to promote greater mutual understanding of the interplay of health, mental health, and developmental issues for developing child and family, including importance of early relationships, brain building in early years, and toxic stress	lower suspension and expulsion rates/incidences
INJURY PREVENTION	☐ Be aware of Colorado data related to injuries in children, particularly for infant safe sleep, falls, choking hazards, and playground safety ☐ Identify child care rules and regulations which support injury prevention ☐ Identify state and national resources.	☐ Understand injury prevention best practices in child care ☐ Review program's safe sleep policy; ☐ Understand and review injuries which occur at the program ☐ Educate staff on safe sleep, injury prevention,	☐ Establish policies and procedures to ensure safe sleep environments for infants, safe playgrounds, and safe environment for children and staff; ☐ Initiate programs to lower injury incidences	☐ Champion safe sleep and/or other injury prevention efforts statewide ☐ Participate in state wide initiatives for injury prevention ☐ Participate in local or state committee to reduce injuries in early childhood

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CATEGORIES	LEVEL 1 KNOW	LEVEL 2 APPLY	LEVEL 3 CREATE	LEVEL 4 ADVANCE
		and encourage staff use of PDIS modules ☐ Encourage Certified Playground Safety Inspection (CPSI)	☐ Provide support and education to families on safe sleep and other injury prevention strategies	☐ Be a trusted resource, expert, and mentor to others

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RESOURCES

Child Care Aware, Developing Your Policies and Procedures:
http://www.childcareaware.org/providers/planning-for-success/developing-your-policies-and-procedures/

Child Find: https://www.cde.state.co.us/early/childfind

Colorado Association of School Nurses (CASN): http://coloradoschoolnurse.org/

Colorado Department of Education-Child Find Directory:
https://www.cde.state.co.us/early/childfinddirectoryinfo

Colorado Department of Education (CDE), School Nursing and Health:
https://www.cde.state.co.us/healthandwellness/snh_home

Colorado Department of Public Health and Environment (CDPHE), Child Care Resources:
https://www.colorado.gov/pacific/cdphe/child-care-resources

Colorado Department of Public Health and Environment (CDPHE), Infectious Disease Guidelines for Child Care Providers, School Nurses and Other Personnel:
https://drive.google.com/file/d/12NZoSBRjN5s4rFCNKaCu2RCzELeUT5nC/view

Colorado Department of Public Health and Environment (CDPHE), Rules and Regulations Governing the Health and Sanitation of Child Care Facilities in the state of Colorado:
https://www.colorado.gov/pacific/sites/default/files/DEHS_ChildCare_6CCR1010-7_DistribCopy_Jan2016.pdf

Colorado Kids with Diabetes: http://www.coloradokidswithdiabetes.org/

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Colorado Office of Early Childhood, Rules and Regulations:
http://coloradoofficeofearlychildhood.force.com/oec/OEC_Providers?p=Providers&s=Rules-and-Regulations&lang=en

Colorado Office of Early Childhood, Supporting Social and Emotional Development:
http://coloradoofficeofearlychildhood.force.com/oec/OEC_Partners?p=Partners&s=Supporting-Social-Emotional-Development&lang=en

Colorado Medical Practice Act for MDs / DOs: http://aama-ntl.org/docs/default-source/legal/co-bome-rule-800.pdf?sfvrsn=4

Colorado Nurse Practice Act for RNs: https://drive.google.com/file/d/0B-K5DhxXxJZbOHRFaGVIV0xVSEk/view

Colorado Shines (PDIS): https://ecpd.costartstrong.org/ets/home

Early Childhood Mental Health Consultation, Competencies:
https://www.ecmhc.org/documents/ECMHC_Competencies_508%20(5).pdf

Early Intervention Colorado: http://coloradoofficeofearlychildhood.force.com/eicolorado/EI_Home?lang=en

Head Start, Early Childhood Learning & Knowledge Center (ECLKC), Child Care Health Consultation Skill-Building Modules:
https://eclkc.ohs.acf.hhs.gov/health-services-management/article/child-care-health-consultation-skill-building-modules

Immunize for Good: http://www.immunizeforgood.com/immunize-colorado

JFK Mental Health Consultation in Early Care and Education:
http://www.ucdenver.edu/academics/colleges/medicalschool/programs/JFKPartners/products/Pages/Mental-Health-Consultation-in-Early-Care-and-Education-Resource-Toolkit.aspx

NASN (National Association of School Nurses): https://www.nasn.org/home

Qualistar, Healthy Child Care Colorado: https://healthychildcareco.org/

Colorado Department of Public Health and Environment: https://www.colorado.gov/pacific/cdphe/child-care-resources

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