

## Early Childhood Health and Wellness Resources

### EVENTS

- *What Child Health Champions Can Do to Advance Child Health Through Integrated Care for Kids (InCK)* March 5, 2:00-3:00 PM Eastern  
<https://cc.readytalk.com/r/imfvjqkr0hr&eom>
- *Creating & Using Knowledge to Protect Children's Environmental Health.* March 6, 1:00-2:30 PM Eastern  
<https://cc.readytalk.com/registration/#/?meeting=sixv3quzh5v1&campaign=4wjcjzh2yiv>
- *Partnering with Families of Children Who Are Dual Language Learners.* March 7, 3:00-4:30 PM Eastern  
<https://eclkc.ohs.acf.hhs.gov/event/partnering-families-children-who-are-dual-language-learners>
- *Mississippi Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Head Start Cross-Program Collaboration Project.* March 13, 2:00-3:00 PM Eastern  
<https://register.gotowebinar.com/register/8536288717121691149>
- *Determining Eligibility for McKinney-Vento Rights and Services.* March 14, 2:00-3:00 PM Eastern  
<https://uncg.webex.com/uncg/onstage/g.php?mtid=eeee05ed29044d014d855443a0b76bc56>
- *Promoting Health and Safety through Child Care Health Consultation: Looking for Health and Safety Guidance? Caring for Our Children can provide answers!* March 20, 2:00 PM-3:00 PM Eastern  
<https://aap.acbroadcaster.com/66/event-info>
- *Human Resources - Systems to Recruit and Retain Responsive Staff.* March 20, 2:00 PM-3:30 PM Eastern. Part of the Safe Foundations, Healthy Futures campaign  
<https://hhs.us19.list-manage.com/subscribe?u=1715c83bb06ddb6cc01de1201&id=4df5efb28c>
- *Identifying Whole Grain-Rich Foods in the CACFP, Part 2.* March 21, in English from 2:00-2:30 PM and in Spanish from 3:00-3:30 PM Eastern  
<https://www.cacfp.org/resources/thirty-thursdays/>
- *Building a Healthy Eating Environment.* March 27, 2:00PM-3:00 PM Eastern  
<https://eclkc.ohs.acf.hhs.gov/event/building-healthy-eating-environment-0>
- *McKinney-Vento 101: Understanding The Rights of Students Experiencing Homelessness.* March 28, 2:00PM-3:00 PM Eastern  
<https://uncg.webex.com/uncg/onstage/g.php?mtid=e3a07a887bd4022b3c39f591c300ceb2>

### NEWS

- *48 states report widespread flu activity: 5 things to know*  
<https://www.beckershospitalreview.com/quality/48-states-report-widespread-flu-activity-5-things-to-know.html>
- *"Grandmother Hypothesis" Gets Some Support*  
<https://www.the-scientist.com/news-opinion/grandmother-hypothesis-gets-some-support-65441>
- *Cleaner Classrooms and Rising Scores: With Tighter Oversight, Head Start Shows Gains*  
<https://www.nytimes.com/2019/02/04/us/politics/head-start-preschool.html>
- *Consumer Reports Finds Concerning Levels of Heavy Metals in Popular Fruit Juices*  
<https://www.qualityassurancemag.com/article/consumer-reports-finds-concerning-levels-of-heavy-metals-in-popular-fruit-juices/>
- *Little Kids Are Probably Using Too Much Toothpaste. A New Study Explains Why That's Likely Bad*  
<http://time.com/5518089/kids-use-too-much-toothpaste-new-study/>
- *Parents Who Don't Buckle Up Often Skip Seatbelts for Their Kids*  
<https://www.reuters.com/article/us-health-children-seatbelts-crashes/parents-who-dont-buckle-up-often-skip-seatbelts-for-their-kids-idUSKCN1PT291>

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- *Behavioral Dysregulation in Infancy Predicts Later Child Mental Health*  
<https://www.2minutemedicine.com/behavioral-dysregulation-in-infancy-predicts-later-child-mental-health/>
- *Rutgers Study Finds Need for Early Childhood Obesity Prevention Interventions Beyond Preschool Education Settings*  
<https://www.newswise.com/articles/rutgers-study-finds-need-for-early-childhood-obesity-prevention-interventions-beyond-preschool-education-settings>
- *Visual Processing Slower in Infants with Hearing Loss*  
<http://www.healthglu.com/news/visual-processing-slower-in-infants-with-hearing-loss/>
- *Hospital Officials Warn of Knock-off Car Seats*  
<https://www.seattletimes.com/seattle-news/northwest/hospital-officials-warn-of-knock-off-car-seats/>
- *CDC: US Measles Cases Already Surpass 2016, 2017 Totals*  
<https://www.beckershospitalreview.com/quality/cdc-us-measles-cases-already-surpass-2016-2017-totals.html>
- *Breastfeeding May Cut Kids' Eczema Risk*  
<https://consumer.healthday.com/diseases-and-conditions-information-37/eczema-news-618/breastfeeding-may-cut-kids-eczema-risk-742913.html>
- *Rotavirus Vaccine Coverage Remains Lower Than DTaP Vaccine*  
<https://www.infectiousdiseaseadvisor.com/home/topics/prevention/rotavirus-vaccine-coverage-remains-lower-than-dtap-vaccine/>
- *Can Mental Health Training for Teachers Reduce Preschool Suspensions?*  
<https://hechingerreport.org/california-adopts-a-new-model-to-curb-preschool-suspensions/>

## RESOURCES

### Community Health and Data

- *State of Babies Yearbook: 2019*  
<https://stateofbabies.org/>
- *Child Maltreatment 2017*  
<https://www.acf.hhs.gov/cb/resource/child-maltreatment-2017>
- *2017 Home Visiting Yearbook: Data Supplement*  
[https://www.nhvrc.org/wp-content/uploads/NHVRC\\_Data-Supplement\\_FINAL.pdf](https://www.nhvrc.org/wp-content/uploads/NHVRC_Data-Supplement_FINAL.pdf)
- *One in Three Children Entered Foster Care in 2017 Because of Parental Drug Abuse*  
<https://www.childtrends.org/one-in-three-children-entered-foster-care-in-fy-2017-because-of-parental-drug-abuse>

### Environmental Health

- *Prevent Childhood Lead Poisoning infographic*  
<https://www.cdc.gov/nceh/lead/infographic.htm>
- *Prevent Childhood Lead Exposure archived CDC Grand Round*  
<https://www.cdc.gov/grand-rounds/index.html>
- *Creating Healthy Indoor Air Quality in Schools*  
<https://www.epa.gov/iaq-schools>
- *Art Supplies Tip Sheet*  
[https://cehn.org/wp-content/uploads/2015/12/Art\\_Supplies\\_3\\_18-2.pdf](https://cehn.org/wp-content/uploads/2015/12/Art_Supplies_3_18-2.pdf)
- *Understanding CDC's Blood Lead Reference Value: Laboratory Best Practices & How to Interpret Results*  
<https://www.pehsu.net/webinars.html>

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### Health Literacy/Family Education/Family Engagement

- *Shopping Cart Safety*  
<https://www.preventchildinjury.org/toolkits/shopping-cart-safety>
- *Questions to Ask When Looking for a Dental Office*  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/dental-office-questions.pdf> (English)  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/dental-office-questions-esp.pdf> (Spanish)
- *Building Connections with Families*  
<http://www.communityplaythings.com/resources/articles/2019/building-connections-with-families>
- *Helping Early Care and Education Programs Assess Family Engagement Practices and Plan Improvements: Results of the Georgia Family Engagement Planning Tool Pilot*  
[http://nccp.org/publications/pdf/text\\_1215.pdf](http://nccp.org/publications/pdf/text_1215.pdf)
- *Consumer Tool for Identifying Point of Use Drinking Water Filters Certified to Reduce Lead*  
<https://www.epa.gov/water-research/consumer-tool-identifying-pou-drinking-water-filters-certified-reduce-lead>
- *Interactive Activity on Safe Medicine Storage at Home*  
<http://www.scholastic.com/otc-med-safety/hazards/>

### Managing Health Services

- *National Infant Immunization Week (NIIW) April 27-May 4, 2019*  
<https://www.cdc.gov/vaccines/events/niiw/index.html>
- *National Poison Prevention Week March 17-23, 2019*  
<https://poisonhelp.hrsa.gov/what-can-you-do/national-poison-prevention-week/participating-in-national-poison-prevention-week/index.html>
- *Documentation and Tracking: Essential Elements for Implementing Evidence-based Hearing Screening and Follow-up Practice with Children Birth to Five Years of Age* archived webinar  
<http://www.infanthearing.org/earlychildhood/events.html>
- *Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks*  
<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886> (English)  
<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks-Spanish-/SMA14-4886SPANISH> (Spanish)

### Mental Health and Wellness/Social-Emotional Development

- *Behavioral Health Services for American Indians and Alaska Natives*  
<https://store.samhsa.gov/product/tip-61-behavioral-health-services-for-american-indians-and-alaska-natives/sma18-5070>
- *Understanding Child Trauma*  
<https://store.samhsa.gov/product/Understanding-Child-Trauma/SMA15-4923> (English)  
<https://store.samhsa.gov/product/Understanding-Child-Trauma-Spanish-Version-/sma17-4923> (Spanish)
- *Corporal Punishment Damages Child Development – Parents Should Choose ‘Positive Child Discipline’ Instead*  
<https://www.childandfamilyblog.com/child-development/corporal-punishment-child-discipline/>
- *Talk About Mental Health*  
<https://www.mentalhealth.gov>

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### New and Expectant Families

- *Make Baby's Room Safe: Parent Checklist* (English and Spanish)  
<https://www.healthychildren.org/English/safety-prevention/at-home/pages/Make-Babys-Room-Safe.aspx>
- *Sleep Sacks*  
<https://www.rileychildrens.org/health-info/sleep-safety>
- *Perinatal Depression: Preventive Interventions* Final Recommendation Statement  
<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/perinatal-depression-preventive-interventions>
- *Tobacco and Pregnancy* infographic  
<https://www.acog.org/Patients/FAQs/Tobacco-and-Pregnancy-Infographic>
- *Pregnant or Planning to Have a Baby* (English and Spanish)  
<https://www.cdc.gov/tobacco/campaign/tips/groups/pregnant-planning.html>
- *The Effects of Home Visiting on Prenatal Health, Birth Outcomes, and Health Care Use in the First Year of Life*  
[https://www.acf.hhs.gov/sites/default/files/opre/mihope\\_strong\\_start\\_final\\_report\\_final508\\_3.pdf](https://www.acf.hhs.gov/sites/default/files/opre/mihope_strong_start_final_report_final508_3.pdf)

### Nutrition and Physical Activity

- *National CACFP Week* tools and resources  
<https://www.cacfp.org/news-events-conferences/national-cacfp-week/>
- *Partnering with Head Start to Support Healthy Nutrition in Young Children* archived webinar  
<https://eclkc.ohs.acf.hhs.gov/video/partnering-head-start-support-healthy-nutrition-young-children>
- *Choosy Kids Activity Dice Template* (print, cut out, fold, tape, play)  
[https://cdn.shopify.com/s/files/1/1201/8274/files/Choosy\\_Activity\\_Dice.pdf](https://cdn.shopify.com/s/files/1/1201/8274/files/Choosy_Activity_Dice.pdf)
- *Serving School Meals to Preschoolers* (English and Spanish)  
<https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>

### Oral Health

- *Pregnancy and Oral Health*  
<https://www.cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html>
- *Use of Toothpaste and Toothbrushing Patterns Among Children and Adolescents — United States, 2013–2016*  
[https://www.cdc.gov/mmwr/volumes/68/wr/mm6804a3.htm?s\\_cid=mm6804a3\\_e](https://www.cdc.gov/mmwr/volumes/68/wr/mm6804a3.htm?s_cid=mm6804a3_e)
- *Toothbrushing* September 2014 issue of Brush Up on Oral Health  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/brushup-news-201409.pdf>
- *Oral Injuries* February 2019 issue of Brush Up on Oral Health (English and Spanish)  
<https://eclkc.ohs.acf.hhs.gov/oral-health/article/brush-oral-health-tip-sheets>
- *Getting to Know Me*  
<https://eclkc.ohs.acf.hhs.gov/publication/getting-know-me>
- *Bright Smiles, Bright Futures Head Start Kit*. Each free kit includes easy-to-use in-classroom materials and Colgate® toothpaste and toothbrush samples for 25 students.  
<https://colgateheadstartkit.com>

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### Physical Health and Wellness

- *How to Protect Your Children During a Measles Outbreak* (English and Spanish)  
<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/How-to-Protect-Your-Children-During-A-Measles-Outbreak.aspx>
- *Common Colds: Protect Yourself and Others* (English and Spanish)  
<https://www.cdc.gov/features/rhinoviruses/index.html>
- *Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 2019*  
<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>
- *Influenza Antiviral Medications* (English and Spanish)  
<https://www.cdc.gov/flu/professionals/antivirals/index.htm>
- *Probes and Tips: An interactive newsletter promoting quality early childhood hearing screening practices*  
<http://www.infanthearing.org/earlychildhood/newsletter.html>
- *Whooping Cough Vaccination* (English and Spanish)  
<https://www.cdc.gov/pertussis/vaccines.html>
- *Cleaning Up Body Fluids*  
<http://nrckids.org/files/appendix/AppendixL.pdf>

### Professional Development

- *Emotional Literacy Module*  
<https://eclkc.ohs.acf.hhs.gov/professional-development/article/earlyedu-alliance-higher-education-learning-modules>
- *Seizure Training for Child Care Personnel*  
<http://www.epilepsy.com/get-help/services-and-support/training-programs/child-care-personnel>
- *Reducing the Risk of SIDS and SUID in Early Education and Child Care* free online course  
<https://shop.aap.org/reducing-the-risk-of-sids-and-suid-in-early-education-and-child-care/>
- *Keeping Children Safe - Injury Prevention in Early Care and Education Settings* free online course  
<https://shop.aap.org/keeping-children-safe-injury-prevention-in-early-care-and-education-settings/>
- *Medication Administration in Early Care and Education Settings* free online course  
<https://shop.aap.org/medication-administration-in-early-care-and-education-settings/>
- *Bug Busting in Early Care and Education Settings* free online course on managing infectious diseases  
<https://shop.aap.org/bug-busting-in-early-care-and-education-settings/>
- *Supporting Children and Families Experiencing Homelessness*  
<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-children-families-experiencing-homelessness>
- *A Day in the Life of a Child with Severe Asthma*  
[https://primeinc.org/cme/online/2017/A Day in the Life of a Child with Severe Asthma](https://primeinc.org/cme/online/2017/A%20Day%20in%20the%20Life%20of%20a%20Child%20with%20Severe%20Asthma)

### Safety and Injury Prevention

- *Opioid Medication: A Risk for Children and Teens* infographic  
<https://www.childrenssafetynetwork.org/infographics/opioid-medication>
- *Child Access to Firearms in the United States* infographic  
<https://www.childrenssafetynetwork.org/sites/childrenssafetynetwork.org/files/Child-Access.pdf>
- *Choking and Strangulation*  
[https://www.safekids.org/safetytips/field\\_risks/choking-and-strangulation](https://www.safekids.org/safetytips/field_risks/choking-and-strangulation)

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- *How You Can Help Someone Who Is Being Abused or Neglected* tip sheet  
[https://www.childwelfare.gov/pubPDFs/kids\\_tipsheet.pdf](https://www.childwelfare.gov/pubPDFs/kids_tipsheet.pdf)
- *Toy Safety in Child Care*  
<https://articles.extension.org/pages/25868/toy-safety-in-child-care>
- *Connections Selector!* makes it easier to connect explore the relationships between multiple types of violence and the risk and protective factors  
<https://vetoviolenace.cdc.gov/apps/connecting-the-dots/node/5>
- *Are You Using Your Rear-Facing-Only Car Seat Safely?* (English and Spanish)  
<https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Baby-Carriers-Always-Use-in-the-Car.aspx>

### Staff Health and Wellness

- *Mindful March* (English, Arabic, Chinese, Czech, French, German, Hungarian, Italian, Japanese, Portuguese, Slovak, Spanish, Turkish, Ukrainian)  
<https://www.actionforhappiness.org/mindful-march>
- *Recommended Adult Immunization Schedule for ages 19 years or older, United States, 2019*  
<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
- *6 Policies to Support the Early Childhood Workforce*  
<https://cdn.americanprogress.org/content/uploads/2017/02/06055236/WorkforcePolicy-report.pdf>
- *Developmental Milestones Resources for Early Childhood Educators*  
<https://www.cdc.gov/ncbddd/actearly/Information-for-Early-Childhood-Educators.html>
- *Creating a Healthier Life: A Step-By-Step Guide to Wellness*  
<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958> (English)  
<https://store.samhsa.gov/product/Creating-a-Healthier-Life-A-Step-By-Step-Guide-to-Wellness-Spanish-Version-/sma16-4958spanish> (Spanish)
- *The Mindfulness Movie*  
<https://www.themindfulnessmovie.com>

### Transitions and School Readiness

- *Introducing a Kindergarten Readiness National Outcome Measure* archived webinar  
[https://www.youtube.com/watch?time\\_continue=359&v=qjGzUkmYhwE](https://www.youtube.com/watch?time_continue=359&v=qjGzUkmYhwE)
- *A Promising New Measure of Kindergarten Readiness*  
<https://www.childtrends.org/a-promising-new-measure-of-kindergarten-readiness>

### FUNDING OPPORTUNITIES

- *Thisbe and Noah Scott Foundation Travel Grant* - This grant provides funding that supports families to attend a conference on their child's neurologic condition. Family conferences exist to allow families to come together and create a community around their child's disease. New and valuable information can come from these conferences that give families a better understanding of the disease, which can result in enhanced clinical care or possibly even a new direction in research. These families need to know they are not alone; they need hope. The maximum amount awarded to a family driving to a conference is \$800. The maximum amount awarded to a family flying to a conference is \$1400. Applications are due March 18.  
<https://www.thisbeandnoah.org/travel-grant/>

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- *Action for Healthy Kids: School Grants for Healthy Kids* provides funding for resources to implement health and wellness practices that help students eat better, stay physically active and be better prepared to learn. Amount: \$1000-\$3000. Deadline: April 5, 2019  
<http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>
- *Ben & Jerry's Foundation: Grassroots Organizing for Social Change Program* supports non-profit organizations in the United States that work to bring about progressive social change by addressing the underlying conditions of societal and environmental determinants of health. One-year grants for up to \$25,000, to organizations with budgets under \$500,000. Pre-application deadline April 15, 2019  
<https://benandjerrysfoundation.org>
- *Linking Actions for Unmet Needs in Children's Health Grant Program* SAMHSA is accepting applications for the 2019 Linking Actions for Unmet Needs in Children's Health Grant Program (Project LAUNCH). The purpose of this program is to promote the wellness of young children, from birth to 8 years of age, by addressing the social, emotional, cognitive, physical, and behavioral aspects of their development. It is expected that this program will provide local communities or tribes the opportunity to disseminate effective and innovative early childhood mental health practices and services, ultimately leading to better outcomes for young children and their families. SAMHSA plans to issue 15 grants of up to \$800,000 per year for up to 5 years. Application Due Date: Friday, April 19, 2019  
<https://www.samhsa.gov/grants/grant-announcements/sm-19-007>
- *Max and Victoria Dreyfus Foundation* supports worthwhile activities for which organizations have made their best case for receiving funding. Funding is provided for specific projects/activities and operating support. The Foundation considers supporting museums, cultural, and performing arts programs; schools, hospitals, educational and skills training programs, programs for youth, seniors, and the handicapped; environmental and wildlife protection activities; and other community-based organizations and their programs. Applications must be postmarked by May 10 (for Autumn round of grants) and November 10 (for Spring round of grants), annually. Awards typically range between \$1,000 and \$20,000.  
<http://www.mvdreyfusfoundation.org/#!application-guidelines>
- *Bess Tiva Timmons Foundation* was established by Mrs. Timmons to enable her family to carry on an already existing program of assistance in the areas of education, health, medical research, the arts, and programs with emphasis to benefit minority groups, social services, and ecology. Consideration is also given to experimental ventures in these designated areas. Smaller tax-exempt organizations, which have limited financial assistance, are favored for grants. Applications for grants must be in writing and received between January 1 and July 1, annually in order to be considered at the selection committee meeting. Awards typically range from \$1,000 to \$5,000.  
<http://timmonsfoundation.org/>