

Family Child Care: Healthy Environments Competency Reflection

Competency Reflection

Each statement below refers to behaviors or attributes you should demonstrate when interacting with children and families. Many of the competencies are directly observable during your typical workday. Other competencies may be assessed through conversations with your trainer, coach, or administrator. For each of the statements, select your current level of mastery. A similar version of this tool will be used by your trainer, coach, or administrator to guide their observation of your competencies in this content area.

E Emerging

You believe you need more information to understand or incorporate a particular competency into your practice

D Developing

You believe you have an understanding of the competency, and are working to properly apply it your work

M Mastered

You believe you have fully mastered and consistently implement a particular competency

| COMPETENCY | REFLECTION | | | NOTES |
|---|------------|---|---|-------|
| 1 Direct Observation | | | | |
| 1 Conduct a daily health check as children enter your home. | E | D | M | |
| 2 Observe children throughout the day to ensure that no health-related changes need to be addressed. | E | D | M | |
| 3 Demonstrate proper procedures for cleaning, sanitizing, and disinfecting the surfaces, toys, and materials in the program space. | E | D | M | |
| 4 Recognize when to wash hands and follow through with handwashing. | E | D | M | |
| 5 Teach children proper handwashing procedures. | E | D | M | |
| 6 Model healthy habits (proper handwashing, brushing teeth, eating healthy foods, staying physically active) for children and families. | E | D | M | |
| 7 Check the restroom and diaper changing area regularly to ensure it is a clean, healthy environment. | E | D | M | |
| 8 Follow proper procedures when in contact with bodily fluids. | E | D | M | |
| 9 Practice family-style dining in your program. | E | D | M | |
| 10 Encourage children to try new foods and serve appropriate amounts of healthy foods and drinks. | E | D | M | |
| 11 Ensure that each child is dressed appropriately for the weather. | E | D | M | |

| COMPETENCY | REFLECTION | NOTES |
|--|------------|-------|
| 12 Recognize foods that pose potential choking hazards. | E D M | |
| II Observation or Conversation | | |
| 1 Clearly outline and follow the program's exclusion and readmission policy. | E D M | |
| 2 Communicate your exclusion and readmission policy to families. | E D M | |
| 3 Identify signs and symptoms of common communicable diseases. | E D M | |
| 4 Communicate frequently with families whose children have individual health care needs. | E D M | |
| 5 Know how to respond if a child has an allergic reaction. | E D M | |
| 6 Maintain consistent routines to support children facing stressful challenges. | E D M | |
| 7 Provide additional support to children and families before, during, and after deployment. | E D M | |
| III Environmental Evidence | | |
| 1 Identify which children have special care plans for allergies, asthma, and other medical concerns. | E D M | |
| 2 Receive training on the administration of medication and any special health procedures. | E D M | |
| 3 Ensure that interest areas, dress-up clothes, and machine-washable cloth toys are cleaned weekly. | E D M | |
| 4 Maintain a box labeled "soiled toys and materials," and place items in the box that have been mouthed, coughed on, or sneezed on for cleaning at the end of the day. | E D M | |
| 5 Plan a variety of daily physical activities for the children served and recognize the importance of physical fitness. | E D M | |
| 6 Maintain a supply of extra clean mittens, jackets, hats, etc. in case a child does not have appropriate gear for the weather. | E D M | |
| 7 Receive prior written approval from parent or guardian and apply sun protection as directed on your Service specific forms. | E D M | |
| 8 Offer shaded and sheltered areas outdoors. | E D M | |
| 9 Ensure that drinking water is always available. | E D M | |

IV **Concluding Reflections**

My overall strengths in this area:

I want to strengthen my practice in:

My plans to achieve these goals: