



CHILD CARE COUNCIL
Serving Columbia, Greene and Ulster Counties

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Parent Counselor - Jessica Markle, ext. 126

Food Program - Cindy Eggers, ext.130 and Tamar Reed ext. 137

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Food Program - Carey Braidt, ext. 103

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Legally Exempt Enrollment - Laurie Vogel, ext. 102



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CHERYL BRUSH-ELSINGER

Preparation and Prevention



PREPARING FOR EMERGENCIES AND PREVENTING INJURIES

2013/2014

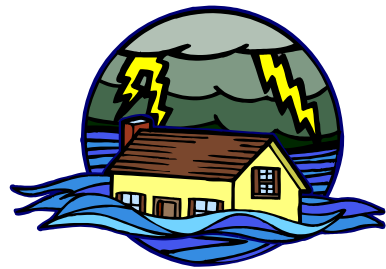
What's inside:

- *CPR/First Aid Training*
- *Environment*
- *Evacuation Drills*

Introduction

In order to prepare for and prevent disasters and injuries you must first be aware of the risks involved and the available methods to reduce the impact of those risks. There are risks in the home, the outdoor environment, weather, cars and traffic, etc. Preparation and planning is the next step, followed by preparing a kit with the resources that would be necessary during the different types of disaster.

Training is required for all child care providers. CPR and First Aid, Health and Safety, Emergency Preparedness training would meet some of this requirement as well as help you become prepared for the potential emergency situation.



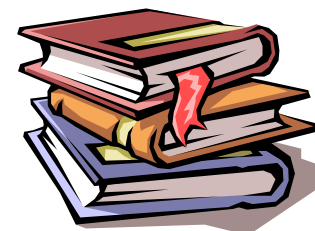
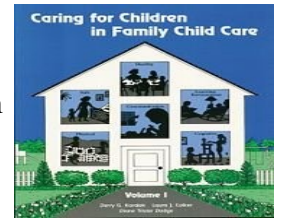
Events may happen when you need to evacuate the day care home or facility. Events may require temporary or long term relocation.

Other events may require staying indoors and keeping everyone safe until the time comes when once again one can venture outdoors.



Core Body of Knowledge New York State's Core Competencies for Early Childhood Educators

Caring for Children in Family Child Care Derry G. Koralek, Laura Colker, Diane Trister Dodge Teaching Strategies, Inc. Toni Bickart fourth printing 2005



Setting up for Infant/Toddler Care: Guideline for Center and Family Child Care Homes, NAEYC 1996 Anna belle Godwin and Lorraine Schrag

Caring for Our Children National Health and Safety Performance Standards, Guideline for Early Care and Education Programs American Academy of Pediatrics, American Public Health

Association, National Resource Center for Health and Safety in Child Care and Early Education 2011

Healthy Young Children, A Manual for Programs, American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education 2002 Susan S. Aronson, MD FAAP< Editor,

Ready for Kids <http://www.ready.gov/kids>

Real Simple Magazine <http://www.realsimple.com/work-life/life-strategies/how-to-prepare-for-an-emergency-10000001181802/index.html>

American Red Cross Preparing for emergencies <http://www.redcross.org/prepare/>

Mission Statement:

To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families.

Visit our website www.familyofwoodstockinc.org

Evacuation Drills

Evacuation drills are part of emergency planning. OCFS requires all child care providers to practice monthly evacuations to prepare for emergencies. Each evacuation plan must have two exits from the home that are at opposite ends of the home or facility. Each route needs to be practiced so that everyone is familiar with the routes. The exit route will lead to the meeting place in a safe location in the yard. The plan must include the relocation sites that have been developed. Plans for sheltering in place are also included and practiced twice a year. This plan needs to be shared with families.



Planning and Preparing for Emergencies



Disasters can happen at any time. Some disasters give warnings, others don't. Once a disaster happens, the time to prepare has gone and all you can do is cope. Anything you do today will help. With proper training and preparation, accidents, injuries and hazards can have less of an impact. Monthly assessment and repair of the equipment and toys will prevent accidents. Practicing evacuation drills will make them routine so that everyone can react in a productive way when needed.

CPR, First Aid Training

CPR and First Aid Training will teach you the basic skills if an accident happens. Whether someone chokes on an ice cube or gets stung by a bee, it is important to know when to call 9-1-1 – it is for life-threatening emergencies.



While waiting for help to arrive, you may be able to save someone's life. Cardio-pulmonary resuscitation (CPR) is for people whose hearts or breathing has stopped and the Heimlich maneuver is for people who are choking. You can also learn to handle common injuries and wounds. Cuts and scrapes, for example, should be rinsed with cool water. To stop bleeding, apply firm but gentle pressure, using gauze. If blood soaks through, add more gauze, keeping the first layer in place. Continue to apply pressure.

It is important to have a first aid kit available. Keep one at home and one in your car. It should include a first-aid guide. Read the guide to learn how to use the items, so you are ready in case an emergency happens.



There are classroom trainings available that demonstrate the procedure and then observe the students to make sure that they have learned the skill. OCFS has funded American Red Cross to offer trainings to Registered and Licensed Child Care Providers.

All Child Car Providers are required to have a current certification in CPR and First Aid.

Environment

Being prepared for an emergency is half the battle. Knowing what types of hazards are typical for your locale is important. In the Hudson Valley, Natural Hazards include: hurricanes, lightning, thunderstorms, floods, tornadoes, blizzards and ice storms. Accidental and technological hazards may include blackouts, hazardous materials incidents, household chemical emergencies, Terrorist Hazards may include biological and chemical threats, cyber attack, explosions, radioactive devices.



Develop a plan for hazards. Be prepared ahead of time. Make a plan that is specific for what could happen in your area and to accommodate your specific needs. Consider what you need and store these items in your emergency bag. OCFS requires a written emergency evacuation plan and diagrams. The plan needs to be shared with parents so that they are aware of the details.

Some of the time, leaving your site will be the only option. In this case you need to have planned a relocation site. The families need to know where this place is so that they know where to go to pick up their children. Some of the time you will need to stay in your site and not go outdoors. In this case, you will need to have enough supplies to take care of everyone until it is safe to go back outside.

Listen to the radio for early warning broadcasts and execute your emergency plan.

Visit the government website for more information on emergency planning www.ready.gov

Injury Prevention

Some injuries cannot be prevented,. However, every precaution must be taken to prevent burns, drowning, falls, choking.

Periodically assess the environment

- keep electrical outlets securely covered
- Avoid furniture with sharp corners
- Provide safe toys
- Use toys that are easily sanitized
- Have ample space for children to move in
- Do not warm bottles in microwave
- Supervise children's activities at all times
- Keep dangerous objects out of children's reach
- Check for hazards monthly (look at child's eye level)
- Identify hazardous plants
- Use appropriate child safety restraints

Toxic House Plants

These plants are mildly toxic, but not deadly. They should be out of reach:

Aloe	Anthurniumm (flamingo flower)
Schefflera (Umbrella Tree)	Capsicum annuum (Christmas Pepper)
Cyclamen	Dieffenbachia
Hedra helix (English Ivy)	Philodendron

These are highly toxic and should never be in a child care home or facility:

Jastropha multifidia(coral plant)	Lantana camara (yellow sage)
Ricinus Communis (castor oil Plant)	Taxux species (Yew)
Nerium oleander	



One leaf on an oleander plant could seriously harm a child. Placing the plan on a window-sill or in a hanging basket is not safe enough. Leaves could fall off the plant and a curious infant or toddler could eat them.