Being a Good Role Model

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Please be respectful
Please turn cell phones to silent
What is a Role Model?

• An individual who is looked up to and revered by someone else
• Someone who other individuals aspire to be like
Role Models

• Who are your role models?
• Who are role models for children?
Role Models for Children

- Parents/Adults
- Caregivers
- Cartoons
- Books
- TV
- Movies
- Video games
- Church members

- Friends
- Other family members
- Celebrities
- Athletes
- Entertainers
- Teachers
- Coaches
- Siblings
Role Models

• As child care staff, it’s our responsibility to model positive, healthy, and safe behaviors for children

• 61 percent of children under 5 years of age were in some type of regular child care arrangement 2011
I’ve Been Watching You
Characteristics

- Respect
- Confidence
- Leadership
- Uniqueness
- Positive attitude
- Willingness to admit to mistakes
- Communication skills
- Value of health
Role Models

• Studies have shown that children learn by observing caregivers and parents’ behaviors.

• Role modeling can be a powerful teaching tool for passing on knowledge, skills, and values.

• Sometimes, the effect of the behavior on the children is often negative rather than positive.
Dealing with Negative Behaviors

• All people have good and bad qualities
• Anyone can make a mistake
• Explain the difference between the role model’s public talents and performances and his personal life choices
• Emphasize that he may be good on the basketball court or football field or concert stage and your children may admire that, but his private behavior is not worth emulating
• Ask your children what they think of the role model’s behavior
• Ask what they would have done differently in the situation
• Give examples of more positive and healthier ways to handle the situation
Important to Remember

• You don’t have to be perfect to be a good role model
  - Be aware of your words and actions
  - Stay positive

• The way you speak, what you speak about, and the opinions you express will influence children’s values.
Consider How You:

• Handle stress and frustration
• Respond to problems
• Express anger and other emotions
• Treat other people
• Deal with competition, responsibilities, loss, and mistakes
• Take care of yourself (what you eat, how much you exercise, balance your commitments)
Healthy Ways to Deal with Stress

- Exercise
- Avoid unnecessary stress—say ‘no’, people and environment
- Be social
- Make time for fun and relaxation
- Adopt a healthy lifestyle
- Accept things you cannot change
- Learn to forgive
- Positive self-talk
- Go outside
- Meditate or deep breathing
- Get more sleep
- Manage your time
Walk the Talk

• Do as I say, not as I do
• If you’re going to talk the talk, you’ve got to walk the walk
• Walk it like you talk it
• Talk is cheap
• Actions speak louder than words
• Practice what you preach
• Talk a good game

Children gain the most from adults who demonstrate consistency between their actions and their values by “walking the talk.”
Ways to be a Good Role Model

- Personal hygiene
- Hand hygiene
- Universal precautions
- Food and drink choices
- Physical activity
Personal Hygiene

• Involves those practices performed by an individual to care for one's bodily health and well being, usually through cleanliness

• Why is this important?
Poor Personal Hygiene

- Body odor
- Bad breath
- Dental disease
- General illness like influenza, common cold, staph infection
- Athlete’s foot
- Ringworm
- Lice
- Depression
- Social problems
Personal Hygiene

- Bathe or shower
- Wash hair
- Brush teeth and floss
- Trim fingernails and toenails
- Wash clothes
- Clean ears
- Visit the doctor
- Get enough sleep
Personal Hygiene

• 17.1. Personal Hygiene. All individuals on the center premises or participating in center activities shall practice good personal hygiene.

• 10.1. All staff members shall wear clean outer garments, maintain a high degree of personal cleanliness, and conform to good hygienic practices while on duty.

• 10.2. Staff members shall not use tobacco in any form while engaged in any food service activities, feeding children or administering to the children's needs.

• 10.3. Smoking is prohibited in children's areas.
10.4. No staff member while affected with any disease in a communicable form, or while a carrier of such a disease, or while affected with boils, infected wounds, sores, or a respiratory infection shall work in any capacity in which there is a likelihood of the staff member transmitting the disease or condition to other persons. No person known or suspected of being affected with any such disease or condition shall be employed in any area or capacity in which there is a likelihood of the person transmitting the disease or condition to other persons.
Hand Hygiene

• Any method that removes or destroys microorganisms on hands

• Why is this important?
CDC
Centers for Disease Control and Prevention says:

“Handwashing is the single most effective way to prevent the transmission of disease.”
Handwashing Facts

- 1.8 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world.
- Washing hands with soap and water could reduce diarrheal disease-associated deaths by up to 50%.
- Handwashing can reduce the risk of respiratory infections by 16%.
Areas most frequently missed during hand washing
Less frequently missed
Not missed
How to Properly Wash Hands

Standard 3.2.2.2 Children and staff members should wash their hands using the following method:

• Check to be sure a clean, disposable paper (or single-use cloth) towel is available
• Turn on warm water, between 60°F and 120°F, to a comfortable temperature
• Moisten hands with water and apply soap (not antibacterial) to hands
• Rub hands together vigorously until a soapy lather appears, hands are out of the water stream, and continue for at least twenty seconds (sing Happy Birthday silently twice). Rub areas between fingers, around nail beds, under fingernails, jewelry, and back of hands. Nails should be kept short; acrylic nails should not worn
How to Properly Wash Hands

• Rinse hands under running water, between 60°F and 120°F, until they are free of soap and dirt. Leave the water running while drying hands
• Dry hands with the clean, disposable paper or single use cloth towel
• If taps do not shut off automatically, turn taps off with a disposable paper or single use cloth towel
• Throw the disposable paper towel into a lined trash container; or place single-use cloth towels in the laundry hamper; or hang individually labeled cloth towels to dry
How to Properly Handwash
When to Wash Hands

17.1.a. Staff members shall wash their hands

- Before starting work
- When hands are contaminated with body fluids
- Before preparing, handling or serving food, or setting the table
- After toileting, handling diapers or assisting a child with toilet use
- Before and after eating meals or snacks
- After handling pets or other animals
- Before giving medication
- After playing outdoors
- After handling garbage
- After removing gloves used for any purpose
When to Wash Hands

Standard 3.2.2.1

Before and after:

- Feeding a child
- Giving medication or applying a medical ointment or cream in which a break in the skin (e.g., sores, cuts, or scrapes) may be encountered
- Playing in water (including swimming) that is used by more than one person

After:

- Breaks
- Handling bodily fluid (mucus, blood, vomit), from sneezing, wiping and blowing noses, from mouths, or from sores
- Cleaning up animal waste
- Playing in sand, on wooden play sets, and outdoors
- Cleaning
Children When to Wash Hands

• 13.2. Children’s hands shall be washed before and after eating meals and snacks, after handling pets or other animals, after visiting the toilet room, and before any food service activity, including setting the table.

• All other times that are appropriate for children off the previous two lists
DIAPER CHANGING AND TOILET TRAINING 64-21-9

• 9.1. Children shall be diapered or have soiled underwear changed in an established diaper changing area. The changing area shall not be located in food preparation areas.

• 9.2. Staff shall change children’s diapers or soiled underwear on a clean, safe, impervious, nonabsorbent surface that is used for no other purpose.

• 9.3. Staff shall clean the child’s perineal (urinary and anal) area with disposable wipes.

• 9.4. After removing a soiled diaper and before putting a fresh diaper on a child, staff members shall wipe their own hands with a pre-moistened towelette or a damp paper towel.

• 9.5. Both the child’s and the staff member’s hands shall be thoroughly washed after each diaper change. If disposable gloves are used, they must be discarded immediately and hands washed.
Caring for Our Children 3.2.1.4.

- Disposable gloves, if you plan to use them (put gloves on before handling soiled clothing or diapers) and remove them before handling clean diapers and clothing.

- Whether or not gloves were used, use a fresh wipe to wipe the hands of the caregiver/teacher and another fresh wipe to wipe the child's hands. Put the wipes into the plastic-lined, hands-free covered can.

- Use a facial or toilet tissue or wear a clean disposable glove to apply any necessary diaper creams, discarding the tissue or glove in a covered, plastic-lined, hands-free covered can.
DIAPER CHANGING AND TOILET TRAINING

• 9.6. Changing tables and surfaces shall be cleaned and disinfected after each use by cleaning to remove visible soil, followed by wiping with an approved disinfectant solution, whether or not disposable, nonabsorbent paper is used. If disposable paper is used, it shall be discarded immediately after each diapering.

• 9.7. Soiled cloth diapers and/or soiled training pants shall be stored in a labeled container with a tight-fitting lid provided by a commercial diaper service or in a sealed plastic bag that is sent home with the child at the end of the day. If diapers are laundered by a commercial diaper service, the service shall be accredited by the Diaper Service Accreditation Council. Feces from soiled cloth diapers or training pants shall be disposed of by dumping in a toilet.
DIAPER CHANGING AND TOILET TRAINING

• 9.8. Soiled disposable diapers shall be stored in conveniently located, washable, plastic-lined, tightly covered waste containers. Each container shall be labeled and kept clean and free of buildup of soil or odor.

• 9.9. Toilet training chairs, if used, shall be of easily cleanable construction and after each use shall be emptied into a toilet, and thoroughly cleaned and sanitized in a utility sink.

• 9.10. Hand washing sinks shall not be used for rinsing soiled diapers or clothing or for cleaning toilet training equipment.
Child Care Centers which provide early childhood development programs, including Head Start classrooms, may utilize hand sinks for tooth brushing activities provided the hand sink is located in either the appropriate restroom or within the classroom. The hand sink must be sanitized prior to the tooth brushing activity.

Hand sinks used for the purpose of washing/rinsing baby bottles, making formula, rinsing of diapers/soiled clothing, or cleaning toilet training equipment is prohibited.
Universal/Standard Precautions

• An approach to infection control to treat all human blood and certain human body fluids as if they were known to be infectious for hepatitis B virus (HBV) and human immunodeficiency virus (HIV) and other bloodborne pathogens.

• HIV, Hepatitis A, B, C, Staph and Strep infections, Gastroenteritis-salmonella, Shigella, Pneumonia, Syphilis, TB, Malaria, Measles, Chicken Pox, Herpes, Urinary tract infections, and Blood infections.

• The greatest risks are from HIV and Hepatitis B and C.

• Why is this important?
Regulations

• 17.1.b. Universal Precautions. With the exception of breast milk, staff members shall adopt universal precautions when exposed to blood and body fluids that might contain blood.

• 10.5. The staff shall employ universal precautions for protection from disease and infection.

• 10.5.a. Spills of body fluids, which include urine, feces, blood, saliva, nasal discharge, eye discharge, and injury or tissue discharges, shall be cleaned up immediately.

• 10.5.b. Surfaces soiled by spills of vomit, urine, feces, blood or blood-containing body fluids or by spills due to injury and tissue damage shall be cleaned and disinfected.
Regulations

- 10.5.c. Persons cleaning contaminated areas shall avoid exposure of open skin sores or mucous membranes to blood or blood-containing body fluids.
- 10.5.d. Blood-contaminated material and diapers shall be disposed of in a plastic bag with a secure tie.
- 10.5.e. Mops shall be cleaned with a disinfectant solution.
PPE

**Personal Protective Equipment**-specialized clothing or equipment worn by an employee for protection against infectious materials

- Gloves – protect hands
- Gowns/aprons – protect skin and/or clothing
- Masks– protect mouth and nose
- Goggles – protect eyes
How to Clean Up a Spill

Blood/Body Fluid
Large Spill Management
Sanitizing Solution

Blood spills or objects with blood on them =

$\frac{1}{4}$ cup bleach to 2 $\frac{1}{4}$ cups water =

1 part bleach to 9 parts water
Standard 3.2.3.4 Prevention of Exposure to Blood and Body Fluids

Child care facilities should adopt the use of Standard Precautions developed for use in hospitals by The Centers for Disease Control and Prevention (CDC).

In child care settings:

• Use of disposable gloves is optional unless blood or blood containing body fluids may contact hands. Gloves are not required for feeding human milk, cleaning up spills of human milk, or for diapering.

• Gowns and masks are not required.

• Barriers to prevent contact with body fluids include moisture-resistant disposable diaper table paper, disposable gloves, and eye protection.
Standard 3.2.3.4 Prevention of Exposure to Blood and Body Fluids

• Caregivers/teachers are required to be educated regarding Standard Precautions to prevent transmission of bloodborne pathogens before beginning to work in the facility and at least annually thereafter. Training must comply with requirements of the Occupational Safety and Health Administration (OSHA).
Glove Usage

- Wash hands before and after using gloves
- Use gloves for any body fluid
Caring for Our Children Appendix D

Wash hands prior to using gloves if hands are visibly soiled.

Put on a clean pair of gloves.

Provide the appropriate care.

Remove each glove carefully. Grab the first glove at the palm and strip the glove off. Touch dirty surfaces only to dirty surfaces.
Ball-up the dirty glove in the palm of the other gloved hand.

With the clean hand strip the glove off from underneath at the wrist, turning the glove inside out. Touch dirty surfaces only to dirty surfaces.

Discard the dirty gloves immediately in a step can. Wash your hands.
Airborne Pathogens
Healthy Lifestyle

Work towards a healthy lifestyle by eating well and exercising regularly. Avoid making negative comments about your body – and other people’s too. Not only will you be healthier, but you will send an important message about body image and acceptance.
Food and Drink Choices

Why is this important?
Family Style Eating

Meals shall be served in a setting that encourages socialization, where the children and staff members are seated when eating, and staff members provide supervision and model positive eating behaviors and social interaction. 16.5.d.
Create a Pleasant Eating Environment

• Warm and welcoming
• Eating schedule
• Limited distractions
• Staff should encourage but not force feed or coerce children to try foods 16.5.b.
• The center shall give children time to eat their food without rushing 16.5.f.
• Listen to the child when they say they are full. Don’t encourage the “Clean Your Plate” club.
Family Style Eating

• Ask them if they are hungry before serving or allowing seconds. This will also reduce food waste and save money!

• Sit with the children and eat the same foods. Let them see you eat when you are hungry and stop eating when you are full, even if there is food on your plate. Explain what you are doing.
Social Interaction

• Talk about food and nutrition
• Manners
• Don’t fuss if a spill happens
• Positive conversations
• Listen to everyone
Benefits

• Eating as a “family” has been linked to:
  – Improving academic scores
  – Improving overall nutrient intake
  – Helping reduce behavior problems

• Promotes and supports development:
  – Social
  – Emotional
  – Gross Motor
  – Fine Motor
Physical Activity

• Movement of the body that uses energy
  – Walking
  – Running
  – Gardening
  – Climbing the stairs
  – Playing sports
  – Dancing

• Why is this important?
Benefits

- Improves cardiorespiratory fitness
- Strengthens bones and muscles
- Reduces the risk of falls and bone fractures
- Reduces the risk of hypertension, coronary heart disease, stroke, diabetes, breast cancer, colon cancer, and depression
- Helps control weight
- Improves mental health and mood
- Reduces stress and anxiety
- Increases self-esteem
- Boosts energy
- Promotes better sleep
- Improves chances of living longer
- Improves ability to do daily activities
Physical Activity for Adults

• 150 minutes of moderate-intensity aerobic activity per week

• Muscle-strengthening activities 2 times a week
Physical Activity

• Qualified staff shall promote children’s active play, and participate in children’s active games at times when they can safely do so 14.3.e.

• Wear clothing and footwear that permits easy and safe movement

• Not sitting during active play

• Provide prompts for children to be active-example “good throw”

• Encourage children’s physical activities that are appropriate and safe in the setting-example do not prohibit running on the playground when it is safe to run

• Have orientation and annual training opportunities to learn about age-appropriate gross motor activities and games that promote children’s physical activity 3.1.3.4
Personal Hygiene

Tommy says “I don’t want to brush my teeth today.”
Handwashing

Sam says “I’m not using soap today.”
Food and Drink Choices

Teacher says “If you don’t eat one more bite, I’ll be mad.”
Physical Activity

Jordan says “I hate running. I’m going to sit right here with you while the others kids run and play.”
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Serving the Child Care Resource and Referral Agencies in the northern part of the state including Choices, Child Care Resource Center and MountainHeart North

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