



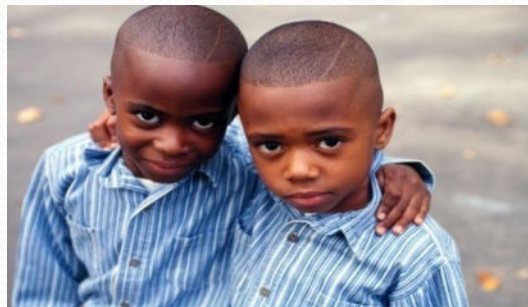
# Children's Health and Safety

Early Childhood Program

2008-2009

# Students will be able to...

- Explain how regular checkups and immunizations can help prevent illness.
- Outline the causes, symptoms, and treatment of childhood allergies and asthma.
- Discuss effective ways to care for and comfort a sick child.



## Immunization

*“To  
immunize  
is to  
protect a  
person  
against a  
particular  
disease.”*



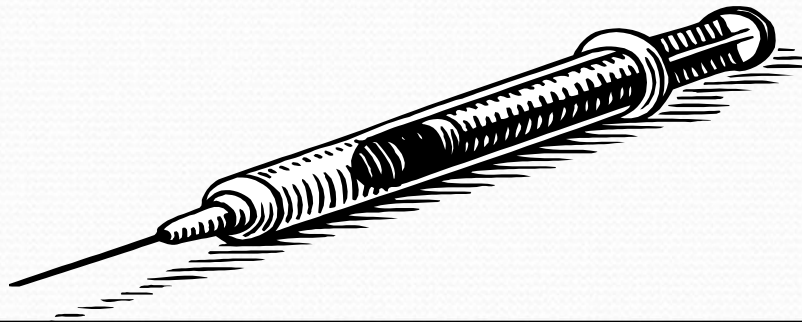
# Communicable Diseases

- Diseases that are passed from one person to another.



# Vaccines

- The most common way to immunize people is to administer a vaccine.
- Vaccine is a small amount of a disease-causing agent that is introduced into the body so that a person can build resistance to it.
- After getting a vaccine, a person's body produces antibodies, substances capable of fighting off germs for that disease.



# School Rules and Vaccines

- Many states require all children to be immunized for certain diseases before they enter school.
- Many also require that children in Child Care Centers be immunized.



# Common Childhood Conditions

## Allergies



- An allergy is an extreme sensitivity to one or more common substances.
- Children may have allergic reactions when they eat or drink certain foods or inhale certain airborne particles.
- Foods that commonly cause allergic reaction in children include milk, grains, eggs, shellfish, nuts, fruit juices, chocolate, and food additives.

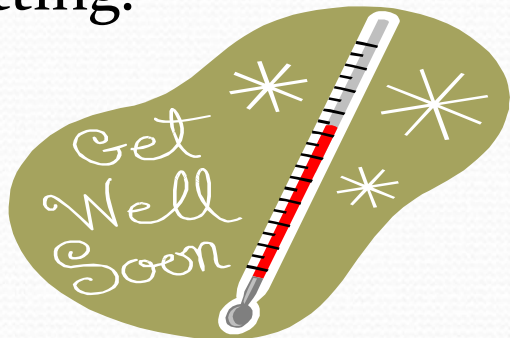


## Asthma

- This condition causes the lungs to contract more than they should, narrowing the air passages and making it difficult to breathe.
- Asthma attacks can be brought on by an allergic reaction.
- Signs that a child may be having an asthma attack include coughing, wheezing, rapid breathing, and shortness of breath.

# Caring for a Sick Child

- The word *contagious* of an illness is the time when a child can pass the illness on to someone else.
- In general, children with a fever should not go to school or to a Child Care setting.
- It is important to maintain a calm and cheerful manner around a child who is sick.
- Children who are very ill don't have much energy and may spend a lot of time sleeping.
- Children who have a mild illness may get restless and easily bored. Quiet play helps...





# Going to the Hospital

- A hospital stay can be a difficult experience for a child.
- Children may fear that they will never go home, or that they will be hurt, or will die.
- They may be frightened by unfamiliar doctors and nurses.
- Parents should take a tour of the hospital prior to a stay unless it is an emergency.

# The Hospital Stay

- Parents should stay with a child if possible.
- Children recover more quickly if a parent stays with them.
- Parents need to be honest about procedures and forms of treatment.



# Resources

- The Developing Child, Glencoe/Mc Graw Hill 2006  
Chapter 20.