CCHC Trainings and Technical Assistance Resources for Early Educators

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About trainings for early educators

CCHCs offer trainings on child care health and safety topics to help early educators offer quality care to children. These trainings help early educators meet their annual requirement for on-going training hours in Child Care Rule 10A NCAC 09 .1103 (Child Care Centers-CCC) and .1703 (Family Child Care Home-FCCH). The Division of Child Development and Early Education (DCDEE) gives CCHC's the opportunity to provide contact hour credits to early educators for these topics:

1. Planning a safe, healthy learning environment
2. Children's physical and intellectual development
3. Children's social and emotional development
4. Productive relationships with families
5. Program management
6. Professionalism
7. Observing and recording children's behavior
8. Child growth and development
9. Inclusion of children with special needs

Child Care Rule 10A NCAC 09 .1102 (CCC) and .1703 / .1729 (FCCH) require early educators to be trained in the following health and safety topics:

1. Prevention and control of infectious diseases, including immunization
2. Administration of medication, with standards for parental consent
3. Prevention of and response to emergencies due to food and allergic reactions
4. Building and physical premises safety, including identification of and protection from hazards that can cause bodily injury such as electrical hazards, bodies of water, and vehicular traffic
5. Emergency preparedness and response planning for emergencies resulting from a natural disaster, or a man-caused event
6. Handling and storage of hazardous materials and the appropriate disposal of bio-contaminants
7. Precautions in transporting children, if applicable
8. Prevention of shaken baby syndrome and abusive head trauma
9. CPR and First Aid training (According to NCAC 09. 1103 (c) and 1703 (c) (9), CPR and First aid shall not be counted toward meeting annual ongoing training.)
10. [Recognizing and Responding to Suspicions of Child Maltreatment](#) (Specific Prevent Child Abuse NC online course required)
11. Prevention of sudden infant death syndrome and use of safe sleeping practices

Cost for Trainings

All NC Resource Center training materials are available at no cost for qualified CCHCs. Trainings that have a train-the-trainer component are available to CCHCs once the corresponding course has been successfully completed.

Learning Method Types:

- **In-person** – both students and instructor are live, in a physical classroom or meeting space
- **Live, virtual** – instructor led distance learning where students are required to log in and participate at a specific time
- **Online, asynchronous** – independent distance learning where students access training materials at any time throughout the training
- **Ready to use** – Trainings materials are available for all qualified CCHCs and do not have a corresponding train-the-trainer. The CCHC should carefully review all of the materials prior to using.

CCHC Flowchart for Training/TA

Prior to providing training, use the CCHC Flowchart for Training/TA to determine if you are ready to provide the training or if you should seek a partner or additional professional development.

- If you are a health educator, it is highly recommended you identify a nurse that works in your community who you can contact when you receive questions that are more clinical in nature. This could be one person or multiple people to co-train with and help answer questions about specific issues that arise in the child care facilities you serve.
- If you are nurse or similar licensed health professional, you should seek out someone to ask questions and seek guidance from on health education or on any areas of health and safety that you are less familiar with.

Providing on-going training/contact hour credits

CCHCs can provide on-going training/contact hour credits for early educators: Ongoing Training FAQ. To do this, trainers are required to apply to DCDEE by submitting either a:

- Training Packet for Exempt Agencies/Organizations
- Non-Exempt Trainer Packet

CCHCs are considered **exempt** when:

- the CCHC is representing one of the agencies listed in NC Child Care Rule 10A NCA 09 .1105.
  - For a more extensive list: Exempt Training Agencies .
- the agency or organization that the CCHC is employed by sponsors the training.

CCHCs are considered **nonexempt** when they:

- work or provide a training independently from any agency or organization.

To do annually:

If you are an Exempt Trainer:

☐ Find and review any training plans previously submitted to the DCDEE with your agency/sponsor. If you need to make changes or additions, complete an Annual Training Plan Addendum. It will be submitted and attached to your exempt agency Annual Training Plan.

☐ If there isn't a current training plan in place, complete an Annual Training Plan.

☐ Maintain training records by:

- keeping training rosters for two years.
- distributing and collecting training evaluations from participants and retain for two years.
- issuing training certificates to participants.

If you are a Non-Exempt Trainer:

☐ Complete the On-going Trainer Qualifications form and submit.

☐ Complete the On-going Training Form for each topic you wish to provide training contact hours.

☐ Maintain training records by:

- submitting training rosters within 15 days after the training and keeping copies for two years.
- distributing and collecting training evaluations from participants and retain for two years.
- issuing training certificates to participants.

CCHC Courses for Trainers Developed and Provided by the NC Resource Center

Infant/Toddler Safe Sleep and SIDS Risk Reduction in Child Care (ITS-SIDS)

NC SIDS Law 2003-407, which went into effect in 2003, requires that all early educators caring for infants 12 months of age or younger receive training on sudden infant death syndrome and safe sleep practices within two months of assuming caregiving responsibilities and every 3 years thereafter. For more information, visit the ITS-SIDS Project page on the DCDEE website.

To offer the training, completion of an ITS-SIDS Course for Trainers to prepare trainers to instruct early educators about safe sleep regulations and practices is required. The course for trainers is offered three or four times a year by the NC Child Care Health and Safety Resource Center (NC Resource Center). After the course completion, CCHCs can provide this training to early educators.

- Visit the Courses for Trainers page on the NC Resource Center website for more information and to apply.
- Cost: FREE.
- Learning method: ONLINE
- Access to an ITS-SIDS Trainer Resource Library becomes available after course completion.

Emergency Preparedness and Response in Child Care (EPR) in Child Care

North Carolina Child Care Rules (10A NCAC 09 .0607 (Child Care Centers-CCC) and .1714 (Family Child Care Homes-FCCH) address the need for child care programs to be prepared to respond to emergencies. To offer the training, completion of an Emergency Preparedness and Response in Child Care Course for Trainers to prepare trainers to instruct designated staff members about emergency preparedness and response and how to complete the facility's EPR Plan is required. After the course completion, CCHCs can provide this training to early educators.

- Visit the Courses for Trainers page on the NC Resource Center website for more information and to apply.
- Cost: FREE
- Learning method: ONLINE
- Access to an EPR Trainer Resource Library becomes available after course completion.

Medication Administration in Child Care

CCHCs receive training on medication administration in child care as a component of the NC CCHC Course. This course prepared CCHCs to instruct early educators and administrators on the safe administration of medication to children in the early child care and education setting. There are two content areas:

Medications in Child Care is delivered either in person or can be accessed online through Learning Management Systems and covers best practices in early child care and education, including NC Child Care Rules. Content in this includes:

- Reasons medications are given in child care.
- Types of medications typically given in child care.
- Procedures for receiving, storing, documenting, and disposing of medication.
- The six rights of medication administration
- Common medication errors and rule violations, how to prevent them from happening, and how to document errors if they occur.

- Cost: FREE
- Learning method: **Online, asynchronous**

Medication Administration Skills is taught in-person and includes a skills demonstration. Content covered in this section includes the administration of medications commonly found in child care (i.e. oral medication, inhalers, eye/ear drops, topical medications, toothpaste, and creams.)
- Cost: FREE
- Learning method: **In-Person**
- Access to Medication Administration training materials in the Trainer Resource Library becomes available after NC CCHC Course completion.

CCDF Health and Safety Trainings
CCHCs receive training on **CCDF topics** as a component of the NC CCHC Course.
North Carolina Child Care Rules (10A NCAC 09 .1102 (a) (b) (Child Care Centers-CCC) and .1703 (b) and (c) (Family Child Care Homes-FCCH) address the requirements for health and safety trainings.
- **Prevention and Control of Infectious Diseases, Including Immunization**
- **Building and Physical Premises Safety**
- **Handling and Storage of Hazardous Materials**
- **Precautions in Transporting Children, if applicable**
- **Prevention of Shaken Baby Syndrome and Abusive Head Trauma**
- **Medications in Child Care**
  Overview training of issues surrounding medications in child care. Does not provide skills for administering medication.
- **Prevention of and Response to Emergencies due to Food and Allergic Reactions**
- **Emergency Preparedness and Response Planning for Emergencies**
  Overview training of issues surrounding EPR in child care. This does NOT replace need for more in-depth training in Emergency Preparedness and Response in Child Care as required by rules in 10A NCAC 09 .0607 and .1714 for at least one on staff in every child care facility.
- **Prevention of Sudden Infant Death Syndrome and Use of Safe Sleeping Practices**
  Overview training for child care providers who do NOT serve infant classrooms. This does NOT replace need for ITS/SIDS training for infant teachers and directors as required and stated in the above section.

A list of Frequently Asked Questions (FAQ) related to the health and safety training requirements, are available on the DCDEE website.

CCDF Trainings:
- Cost: FREE
- Learning method: **Hybrid: Online, asynchronous and Live, virtual**
- Access to CCDF Health and Safety training materials in the NC Resource Library becomes available after NC CCHC Course completion.

Training Materials Developed by the NC Resource Center

These training materials can be accessed in the NC CCHC Resource Library with a passcode that is obtained during or after the CCHC training course from the appropriate coach. These trainings do not have an accompanying train-the-trainer opportunity, but CCHCs should discuss professional development opportunities with their coach to gain the knowledge needed to provide these trainings to early educators.

Accessible and Inclusive Environments

This is not a training in the traditional sense. However, this is an opportunity to provide technical assistance. The collection of resources available provide information on making the child care environment more inclusive for individuals with access, functional, and special health care needs with a focus on infants and toddlers and those that care for them.

Allergies, Anaphylaxis, and Emergency Treatment in Child Care

Developed in 2022 by the NC Resource Center to provide training for CCHCs to educate early educators in allergies, anaphylaxis, and emergency treatment in child care. The training covers allergies and common allergens, how to reduce the risk of developing allergies and reduce exposure to allergens, how to recognize signs and symptoms of severe allergic reactions, including anaphylaxis, proper storage and use of epinephrine auto-injectors, how to follow emergency follow up procedures, and required documentation.

Child Abuse and Neglect Prevention and Awareness for Early Educators

Developed in 2023 by the NC Resource Center to provide training for CCHCs to educate early educators. This training includes information to become more familiar with the signs and symptoms of child maltreatment and know when and how to report concerns of maltreatment. In addition, this training reviews the impact of compassion fatigue and resilience on early educators and the children and families they serve.

This training does not replace the Recognizing and Responding to Suspicions of Child Maltreatment as required in 10A NCAC 09 .1102(g) and 10A NCAC 09 .1703(a)(5).

Diabetes in Child Care

Developed in 2022 by the NC Resource Center to provide training for CCHCs to educate early educators in diabetes in Child Care. The training covers: routine care of Type 1 Diabetes (communication with family and health care professionals, counting carbohydrates, checking blood glucose, and administering insulin), how to recognize and respond to signs and symptoms of high and low blood glucose, how to provide first aid for emergency situations, proper use and storage of insulin and glucagon, and required documentation.

Enteral Feedings

Developed in 2022 by the NC Resource Center to provide training for CCHCs to educate early educators. This training includes information on supporting children with enteral feeding, or G-tubes in child care. The training covers different types of feeding tubes, daily routine care, safe inclusion of a child with a feeding tube, and how to recognize and respond in emergency situations.

Infants and Toddlers- Early Childhood Development and Resources

Developed in 2022 by the NC Resource Center to provide training for CCHCs to educate early educators. This training includes information related to developmental milestones including typical/atypical development for infants and toddlers. It also highlights community resources available to support children, families, and early childhood educators related to development and how to collaborate with those partners.

Introduction to Caring for Children with Special Health Care Needs (CSHCN)

Developed in 2021 by the NC Resource Center to provide training for CCHCs to educate early educators on an introduction to CSHCN. The training covers children with special health care needs, ADA inclusion requirements, care teams for children with special health care needs, the role of the Child Care Health Consultant, required documentation for children with special health care needs, and handling medical emergencies at the child care facility.

Seizure in Child Care and Emergency Treatment

Developed in 2022 by the NC Resource Center to provide training for CCHCs to educate early educators in Seizures in Child Care and Emergency Treatment. The training covers different types of seizures and common triggers, how to recognize seizures, strategies for including a child with seizures in early care and education, how to identify community resources and support, understanding a seizure action plan, care team members who support children with seizures, steps of seizure first aid, and how to administer emergency medications including diazepam rectal gel.

Stay Healthy, Stay Clean

Developed in 2019 by the NC Resource Center. This training consists of 4 modules:
1. **Handwashing module includes** consequences of inadequate handwashing, how to wash hands and assist children with handwashing, and when adults and children must wash hands in child care.
2. **Diapering module includes** when and how to check diapers, what kind of equipment is required for proper diapering, the correct steps of diapering and how proper diapering prevents the spread of germs.
3. **Toileting module includes** information about toilet rooms, toilet learning practices and equipment, and how to assist when children have accidents during toilet learning.
4. **Sanitation module includes** difference between cleaning, sanitizing, and disinfecting; how to clean, sanitize and disinfect and when to clean common items in child care including sleep areas, play areas, food areas, handwashing sinks, toileting, and diapering areas, and keeping cleaning supplies, doorknobs, water fountains, floors, and cubbies clean.

Unintentional Injury Prevention

Developed in 2023 by the NC Resource Center to provide training for CCHCs to educate early educators. The goal for this training is to provide guidance on reducing the risk of unintentional injury in a child care classroom. Training resources provide an overview of the risks associated with falls, suffocation, poisoning, burns and scalds, cuts, bites, and stings, among others. Also included is guidance on how to recognize when medical treatment is needed and the process for documenting and reporting injuries to DCDEE.

Trainings Developed by Partner Agencies

Asthma Education Curriculum for Childcare Providers

With the help of the Education and Public Awareness Subcommittee of the Asthma Alliance of North Carolina (AANC), the North Carolina Asthma Program has developed an Asthma Curriculum for Child Care Providers. The course provides information on asthma, common triggers, signs, and symptoms of asthma trouble and how asthma is treated.

- Website: [Asthma Education](#)
- Contact: see website
- Cost: FREE
- Learning method: Training materials available online

Be Active Kids

Be Active Kids is a physical activity program for early care and education programs aimed at improving young children's physical health and development. Be Active Kids utilizes a developmentally appropriate curriculum, training, and other practical resources to help programs meet infant and child physical activity best practices.

- Website: [Be Active Kids](#)
- Contact: gonapsacc@unc.edu for more information future Train-the-Trainer opportunities
- Learning method: TBD

Breastfeeding Friendly Child Care (BFCC)

Early Care and Education (ECE) best practices emphasize the importance of providing breastfeeding support; however, many early educators find it challenging to provide the support. The BFCC Training of Trainers was developed in collaboration with the NC CCHCs, NC DHHS, Infant Toddler Project, the Carolina Global Breastfeeding Institute, and Wake County Human Services/Wake County Smart Start to provide information and skills for trainers to conduct the BFCC training in the early care and education setting (i.e., centers, family child care homes). The training is open to all CCHCs who conduct trainings in the early care and education setting. Facilities who participate in this training and who meet certain criteria are eligible for a designation.

- Website: [NC Breastfeeding Friendly Designation](#)
- Contact: Amy Petersen at amy.petersen@dhhs.nc.gov or (919) 707-5665
- Cost: FREE
  Learning method: In-person or virtual, including pre-work online, self-paced

GO NAPSACC (Nutrition and Physical Activity Self-Assessment for Child Care)

This training was created in 2002 by a team of child obesity researchers at the UNC Gillings School of Global Public Health. This evidence-based system has since expanded to an online platform. Go NAPSACC includes self-assessments, action planning, and educational tools in 7 modules to help early care and education programs set individualized goals and make improvements to their nutrition and physical activity practices. Technical assistance providers trained as Go NAPSACC consultants use these tools to coach programs through Go NAPSACC's 5-Step Improvement Process.

- Website: [Go NAPSACC](#)
- Contact: Aviva Starr at Starr, at avivas@email.unc.edu
- Cost: FREE
- Learning method: ONLINE (3 HOURS)

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Oral Health

Child Care Toothbrushing in Classrooms- This training incorporates a step-by-step guide to the toothbrushing process including preparing, brushing, and clean up. It includes sanitation rules, the correct amount of safe and healthy fluoride toothpaste (by children's age), tips on positioning, and how to make brushing fun. The training is offered by the State of NC Oral health Section.

- Website: Tooth Talk
- Contact: Emily Horney at Emily.Horney@dhhs.nc.gov or 919-707-5487
- Cost: FREE
- Learning method: ONLINE

Playground Safety

This course was designed for trainers in North Carolina who are providing playground safety training for child care programs. The course includes information about playground hazards, developing a playground safety program, and outdoor learning environments (OLE).

- Website: Playground Safety
- Contact: Alison Keisler or Dawn Winn-Burdo (see website)
- Cost: FREE
- Learning method: ONLINE DCDEE Moodle

Toxic Free Childcare Train-the-Trainer Workshop

This workshop will teach CCHC's how to educate child care providers on ways they can reduce children's exposure to pesticides and other toxic chemicals. The workshop will focus on Integrated Pest Management as an alternative approach to traditional pest management and ways to reduce the use of toxic cleaning products. Toxic Free NC is the only state-licensed provider of training for childcare educators on Integrated Pest Management (IPM), a least-toxic approach to pest management that prioritizes prevention practices and minimizes unnecessary use of chemical pesticides that are harmful to children ages 0-5.

- Website: Toxic Free NC,
- Contact: Alexis Luckey, at alexis@toxicfreenc.org or info@toxicfreenc.org. or complete the interest form
- Cost: FREE
- Learning method: VIRTUAL

Supplemental Trainings for CCHCs
The following trainings are recommended for CCHCs to gain additional knowledge that will assist them in their work.

Child Care Pre-Licensing Workshop
The Division of Child Care and Early Education holds pre-licensing workshops for prospective child care owners and operators, which provide helpful information about the child care rules. Child Care Health Consultants can audit these workshops on a space-availability basis.

- Cost: free to audit
- Learning method: IN PERSON or VIRTUAL
- Training calendar: https://ncchildcare.ncdhhs.gov/services/licensing/getting-a-license

Child Care Sanitation Workshop

The North Carolina Environmental Health State of Practice Committee offers a 3-day child care sanitation workshop periodically. This program has been designed for North Carolina environmental health specialists, child care development consultants, child health consultants, school child care administrators and nurses responsible for the inspection, monitoring, evaluation, plan review, and grading of child care facilities in North Carolina.

- Cost: $ 125+
- Learning method: IN PERSON
- Training calendar: http://ncehsop.org/cms-sop

Certification Opportunity for CCHCs

Child Care Health Consultant Certification (CCHC-C)

The NC Child Care Health Consultant Certification (CCHC-C) verifies that a qualified health professional has met the requirements established by the North Carolina Child Care Health Consultant Association and the NC Institute for Child Development Professionals. CCHC's are eligible to become certified after one year of service working as a CCHC.

- Cost: $75
- Application process: https://nccchcassociation.org/certification/

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