



# Child Care Health Consultants

*are here to help!*

Child Care Health Consultants (CCHCs) work with early care and education programs to assess, plan, implement, and evaluate strategies to achieve high quality, safe and healthy child care environments.

**Ellie Morris, MPH, CCHC-C/E**  
Central Region CCHC, Serving Durham

## Child care health consultation has been shown to positively impact:

- ★ health and safety policies and practices in early care and education (ECE) programs
- ★ indicators of health for children and staff
- ★ access to preventative healthcare

## About Ellie

Ellie is a public health educator who has been working in ECE health since 2012. Her background is in early childhood nutrition and physical activity, and adult, child, and infant yoga. In her spare time, she enjoys reading, roller skating, gardening, art, and outdoor adventures with her family.

## As a Regional Child Care Health Consultant for central NC, she can help with:

- Reviewing **sick policies** and answering questions about **exclusion for illness**
- Observing and providing technical assistance (TA) on classroom practices such as **handwashing and diapering**
- Supporting ECE programs in caring for **children with special health care needs**
- Any other **health or safety questions or needs** you may have!

## North Carolina Child Care Health and Safety Resource Center

The NC Resource Center's mission is to promote healthy and safe indoor and outdoor environments in early care and education (ECE) settings through child care health consultation.



NORTH CAROLINA  
Child Care Health and  
Safety Resource Center

800-367-2229  
[healthychildcare.unc.edu](http://healthychildcare.unc.edu)

## Contact Now

919-809-9645



Scan or click the QR code  
to send me an email!



[healthychildcare.unc.edu](http://healthychildcare.unc.edu)



# Child Care Health Consultants (CCHCs)

make a difference through training, professional development, and technical assistance



## Training and Professional Development

CCHCs provide health and safety trainings that meet state requirements and improve health and safety practices in ECE programs.



## Technical Assistance (TA)

Early educators can contact a local CCHC for technical assistance on any of the topic areas listed at: [healthychildcare.unc.edu/for-early-educators](https://healthychildcare.unc.edu/for-early-educators)



## Materials and Resources

The NC Resource Center develops posters designed to improve health and safety practices in ECE programs. CCHCs provide guidance for accessing and using posters and other materials.

### CCHCs offer trainings such as:

- Infant Toddler Safe Sleep and SIDS Reduction in Child Care (ITS-SIDS)
- Emergency Preparedness, Response, and Recovery (EPR)
- Medication Administration
- CCDF Health and Safety Trainings
- Stay Healthy, Stay Clean
- Accessible and Inclusive Environments
- Introduction to Caring for Children with Special Health Care Needs
- Allergies, Anaphylaxis, and Emergency Treatment
- Diabetes in Child Care
- Seizure in Child Care
- Enteral Feedings
- Trainings Developed by Partner Agencies

### CCHCs offer TA on topics such as:

- Illness and Infectious Diseases
- Children with Special Health Care Needs
- Medication Administration
- Safety and Injury Prevention
- Emergency Preparedness, Response, and Recovery (EPR)
- Infant and Child Social and Emotional Wellbeing
- Child Abuse and Neglect
- Nutrition and Physical Activity
- Oral Health
- Environmental Health
- Staff Health and Wellness

**Your CCHC can help you determine your program's specific training and TA needs.**

### Contact Now



919-809-9645



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[healthychildcare.unc.edu](https://healthychildcare.unc.edu)