

Child Care Health Consultants make a difference

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.

Rachel Lentz, MPH, CCHC-C/E
Western Regional Child Care Health Consultant

Serving: Alexander, Alleghany, Ashe, Burke, Cleveland, Iredell, McDowell, and Watauga counties.

Child care health consultation has been shown to positively impact:

- ★ health and safety policies and practices in child care programs
- ★ indicators of health and access to preventive health care for children and staff
- ★ the development and use of standards-based health and safety policies in early childhood education programs

About Rachel

Rachel is a public health professional with an extensive background in healthcare and early childhood education (ECE). Prior to becoming a CCHC, Rachel attended nursing school and worked as a certified pharmacy technician. She received her Bachelor's of Science in Nutrition and then a Master's of Public Health. She carries the NC Child Care Health Consultant Certification/Endorsement (CCHC-C/E) as recognized by the NC Child Care Health Consultant Association (CCHCA), the NC Institute for Child Development Professionals, and the NC Child Care Health and Safety Resource Center. When Rachel is not working, she is spending time with her family, volunteering, reading, or shoe shopping.



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

Contact Now

828-544-1532



Scan the QR code to send
me an email:



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



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



828-544-1532



rlentz@unc.edu



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