



# 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.

**Sara Miller, MPH, CHES, CCHC**

Central Regional Child Care Health Consultant  
Serving Johnston county

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## 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

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## About Sara

Sara is a public health education specialist with a background in early childhood education (ECE), nutrition, physical activity, and infectious disease. Prior to joining the resource center, Sara worked as a Health Education Specialist for a diabetes prevention program, where she provided nutrition and physical activity education for youth and their families. Sara earned her B.S. in Human Nutrition, Foods and Exercise Science as well as her Master of Public Health, with concentrations in infectious disease and health education, from Virginia Tech. Sara is passionate about advocating for children's health and safety and is excited to collaborate with you to ensure the well-being of the children in your center!

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## 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)

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## Contact Now

919-924-2890



Scan 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



919-924-2890



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