

Michigan's Health and Safety Checklist For License Exempt-Unrelated Providers

Health and Safety Requirements	Observed	Discussed	Resource Provided	Not Compliant
Provider has a working phone available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency phone numbers are readily available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Animals kept as pets appear to be non-threatening or are kept away from children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking is prohibited while children are present.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provider can explain how to handle different emergencies and determine the appropriate actions to take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An emergency plan has been developed and is practiced regularly (tornado, fire, injury).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are supervised appropriately for their age and developmental abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provider follows safe sleep practice recommendations from Great Start to Quality Orientation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provider follows transportation recommendations from Great Start to Quality Orientation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provider follows handwashing recommendations from Great Start to Quality Orientation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The food preparation area is clean and equipped to prepare snacks and meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perishable food is kept refrigerated, as appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp objects (such as knives, scissors or tools) are out of reach of children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hazardous Materials are inaccessible to children (cleaning supplies, lighters, paint, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Health and Safety Requirements	Observed	Discussed	Resource Provided	Not Compliant
Prescription drugs and other medications are secured from children, stored out of reach and out of sight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All weapons and ammunition are secured from children, stored out of reach and out of sight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is at least one unobstructed exit where the child is cared for in the home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Designated child care areas, both inside and outside, are clean and safe for children. Non-child care areas are blocked from access.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provider understands their role as a Mandated Reporter.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional Best Practices	Observed	Discussed	Resource Provided
Working smoke detector(s) is present.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a working fire extinguisher readily available in the home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protective covers are used on all electrical outlets that are easily accessible to young children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reminders	Discussed	Resource Provided
Child care providers are required to immediately report incidents of serious injury or death of a child in care.	<input type="checkbox"/>	<input type="checkbox"/>
Annual ongoing health and safety training must be completed by the due date listed in the CDC handbook.	<input type="checkbox"/>	<input type="checkbox"/>



*Search and register for training to meet
Level 2 training hours.*

CONTACT INFORMATION

Phone: 833-386-9238

Fax: 888-825-9995

Email: support@miregistry.org

Website: www.miregistry.org

Toll-free: 1.877.614.7328
Visit: www.greatstarttoquality.org

Great Start to Quality
Start here for Quality Early Childhood Education



10 Great Start to Quality Resource Centers serving 11 Regions



www.greatstarttoquality.org

Funding from the Office of Great Start within the Michigan Department of Education supports the implementation of Great Start.

Concerned about Development

- Talk with the child's parent/guardian
- Encourage parent/guardian to contact the child's doctor or health care provider
- Share the resources (located in binder) with the child's parent/guardian

Early On: www.1800earlyon.org or 1-800-327-5966

Build Up: www.buildupmi.org or 1-888-320-8384

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rsph.org.uk/uploads/assets/upload-ed/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>



Home Safety Tips

Every year, there are thousands of preventable child injuries. Some injuries may even cause death. Keeping a child safe at home is a good place to start.

THE GOOD NEWS IS PREVENTABLE INJURIES CAN BE AVOIDED WITH THE RIGHT EDUCATION, AWARENESS AND PLANNING. BELOW ARE SOME TIPS FOR MAKING YOUR HOME SAFER.

BURNS

- Check your water heater's thermostat and set it to 120 degrees Fahrenheit or the manufacturer's recommended setting to help prevent the water from getting too hot out of the tap.
- Don't hold a child while cooking at the stove.
- Never leave food unattended on the stove. Keep all handles of pots and pans turned away from the edge of the stove so they can't be bumped or reached by children.
- Avoid buying lighters that look like toys, and keep all matches and lighters well out of children's reach.
- Install and regularly check the smoke detectors in your home. Replace batteries twice a year.
- Have a family fire escape plan and be sure everyone knows various ways to get out of your home and where to meet up in the event of a fire.

DROWNINGS

- Babies can drown in only an inch of water. Always be alert, and provide undistracted supervision when young children are in or near bathtubs or swimming pools and while at the beach.
- Immediately empty all containers, buckets, and wading or inflatable pools after use.
- Immediately empty the bathtub after use. Keep all toilet seats closed. Toilet seat locks can also be used to keep the lid safely shut.

FALLS

- Window screens will not prevent a child from falling out. Properly install window guards to prevent falls (for windows above the first floor, include an emergency release device that adults and older children can easily operate in case of fire or emergency) or install window stops that keep windows from opening more than four inches.
- Keep furniture and cribs away from windows to prevent children from climbing near them.

Never move a child who appears to be seriously injured –

CALL 9-1-1

Let trained medical personnel determine if there are injuries to the child.



Home Safety Tips

FALLS (continued)

- Keep babies and young kids strapped in when using high chairs, infant carriers, swings and strollers. If your baby is in a carrier, remember to place it on the floor, not on top of a table or other furniture.
- Because baby walkers don't have safety features that prevent them from rolling down stairs and they may allow your baby to reach higher objects, try using a stationary activity center instead. *Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances or window cords.*

POISONINGS

Young children are often at eye level with items commonly kept under kitchen and bathroom sinks or found in purses or diaper bags set on the ground. Consider using safety locks on cabinets and storing all items out of children's sight and reach.

Common household products to keep safely away from children:

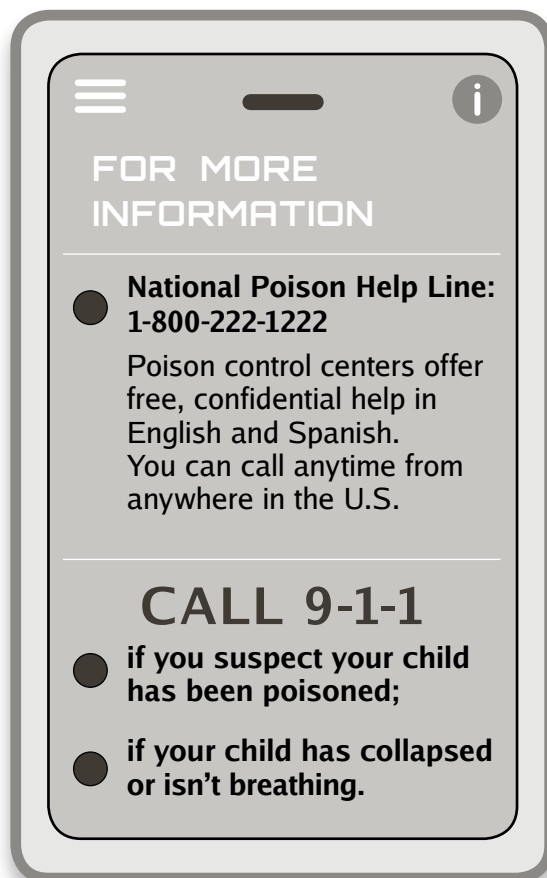
- single-load laundry and dishwasher packets/pods
- cleaning supplies, pesticides, plants and flowers
- make-up, personal care products, laxatives and diaper rash products
- art supplies
- eye drops and vapor rubs with camphor
- button (or coin) batteries and items that contain these batteries (see Button Battery Safety tips on page 36.)
- ALL medications including vitamins and allergy medicines

MEDICATION SAFETY

- An estimated 59,000 children under the age of 5 years are brought to emergency rooms each year due to unsupervised ingestion of medicines.¹ Many times incidents happen when adults are distracted for just a moment, for example when the phone or doorbell rings. If distracted, take the medication with you or put it away, out of the reach of your child.
- Remember, "child-resistant" does not mean "child-proof." Always re-cap medicines and vitamins and store in a place where children can't reach—even in between doses.
- Do not use cough and cold products with children under 4 years old unless specifically told to do so by a physician.

MEDICATION SAFETY (continued)

- Do not give children medicine that is packaged for adults unless specifically told to do so by a physician.
- If your child is prescribed an antibiotic, make sure they take all the medicine prescribed, even if they begin to feel better. Do not save the antibiotic medicine "for later."
- Use only the measuring device that is included with the medicine. A kitchen teaspoon or tablespoon is not a good measuring device for giving medicines to children. If a measuring device is not included with the product, check with your pharmacy.



¹ Centers for Disease Control and Prevention, www.cdc.gov.

Home Safety Tips

TV & FURNITURE TIP-OVERS

- TVs and appliances can be unstable. They can tip over if pulled on or climbed upon by children. Serious injuries, suffocation and death can occur when a child is crushed by or becomes pinned beneath a heavy piece of furniture. Injuries from TV and furniture tip-overs have been rising for over a decade.

- Secure TVs in your home:



Mount flat-screen TVs to the wall by following the manufacturer's instructions. This will avoid them toppling off stands or other furniture.



Place older-style TVs on low, stable pieces of furniture. Push the TV back as far as possible from the edge.

- Secure furniture such as dressers, bookcases, TV stands and entertainment units to a wall stud with braces, brackets, anchors or wall straps.
- Install safety stops on dresser drawers to prevent them from being pulled all the way out. Children may pull out multiple drawers to climb up which can cause the weight to shift, making the dresser easier to fall over.
- Keep remote controls, toys, food and other items that might attract children off of TVs and other furniture.
- Keep electrical cords out of reach of children and teach them not to play with the cords.
- Rearrange items in your home so that heavier items are on lower shelves or in lower drawers.
- Consider using safety outlet plugs throughout your home to prevent children from putting objects or their fingers into electrical outlets.

CHOKING

- Infants and young children can easily choke on some foods and small toys and household objects. You may want to get on your hands and knees and observe your home from your child's perspective. Look for and remove small items such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks.
- Cut food for toddlers into tiny pieces. Children under 5 years of age should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows, or popcorn.
- Magnets can be especially dangerous if swallowed. Inspect toys and games that may include small magnets, including adult desk items and refrigerator magnets.

**CALL 9-1-1
IMMEDIATELY IF YOU SUSPECT
MAGNETS MAY HAVE BEEN
SWALLOWED!**

STRANGULATION

- Keep cords and strings, including those attached to window blinds, out of your child's reach. Move all cribs, beds, furniture, and toys away from windows and window cords.
- Do not tie strings or ribbons to pacifiers or toys.
- Do not dress infants and young children in clothing with drawstrings or pull cords. Also, avoid necklaces, scarves, strap purses and similar items.



Nutritional Guidelines

There are countless tasty ways to improve your family's eating habits. Below are some easy tips to keep in mind when shopping for groceries, packing your kid's lunch, and deciding what meals to cook.

Eat Your Colors.

Varying the colors of the vegetables served increases the vitamins and minerals you get and keeps kids interested. Orange sweet potatoes, bright green celery and red cherry tomatoes are great examples of fun foods to eat.

Look for Whole Grains.

Whole-grain versions of cereal, breads and crackers are good for your heart and digestion and can help to maintain a healthy weight. Choose foods labeled "100% whole wheat" or "100% whole grains." Also, check the ingredient list to see if the word "whole" is before the first ingredient such as "whole-wheat flour." If so, the product contains whole grain.

Vary Your Proteins.

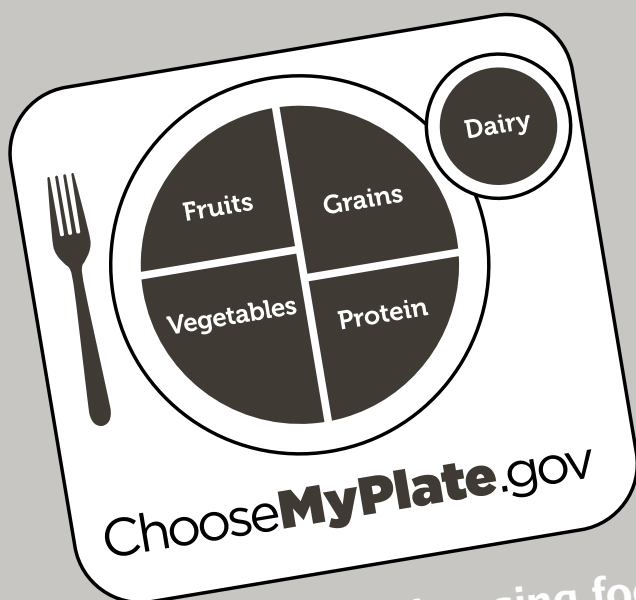
Experiment with a variety of beans and legumes such as peas, lentils, and chickpeas, and all the ways they can be prepared. Other good sources of protein are fish, lean meats, poultry and soy products.

Fruit Makes a Great Dessert!

The same as with vegetables, consuming a variety of fruits ensures you will get more nutrients. Fresh, canned, or frozen fruits are all great options, but look for those without any added sugars.

Dairy Products Help Keep You Strong.

Dairy products provide calcium, protein and vitamin D for strong bones, teeth and muscles. Consider calcium-fortified juices, cereals and breads. Also try canned fish, rice beverages, yogurt, cheese and vegetables such as collard greens, kale, broccoli, turnip greens, spinach and bok choy, which are naturally high in calcium.



MyPlate
represents the
five food groups that
are the building blocks for
a healthy diet using a familiar
image – a place setting
for a meal.

**It's never too late
to start eating
healthier!**

Plan your meals by choosing foods from the five main food groups:

1 fruits, **2** vegetables, **3** grains, **4** proteins, and **5** dairy.

Emergencies: Prevent, Plan & Practice


Fire Plan

- Meeting place outside
- Two exits for every room
- Practicing monthly
- Working smoke detectors
- Draw it



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Emergencies: Prevent, Plan & Practice



BE PREPARED FOR A TORNADO

Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

FEMA
FEMA V-1010/ March 2018

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.

Can happen anytime


Bring intense winds

Can happen anywhere


Look like funnels

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY


Go to a safe room, basement, or storm cellar.




If there is no basement, get to a small, interior room on the lowest level.




Stay away from windows, doors, and outside walls.




If you can safely get to a sturdy building, do so immediately.




Do not get under an overpass or bridge. You're safer in a low, flat location.



Watch out for flying debris that can cause injury or death.



Use your arms to protect your head and neck.



HOW TO STAY SAFE WHEN A TORNADO THREATENS



Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

Know the signs of a tornado. Including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

Identify and practice going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

Consider constructing a safe room that meets FEMA or ICC 500 standards.



Immediately go to a safe location that you identified.

Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not try to outrun a tornado in a vehicle.

If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.



Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.

If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

Stay clear of fallen power lines or broken utility lines.

Do not enter damaged buildings until you are told that they are safe.

Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

Take an Active Role in Your Safety

Go to [ready.gov](https://www.ready.gov) and search for **tornado**. Download the **FEMA app** to get more information about preparing for a **tornado**. Find Emergency Safety Tips under **Prepare**.

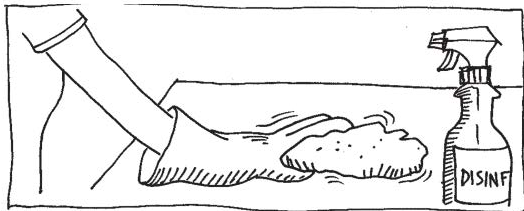


Handout #5.5

Cleaning up Body Fluid Spills

Spills of body fluids, including blood, feces, nasal and eye discharges, saliva, urine and vomit should be cleaned up immediately.

- Wear gloves unless the fluid can be easily contained by the material (*e.g.*, paper tissue or cloth) being used to clean it up. Be careful not to get any of the fluid you are cleaning up in your eyes, nose, mouth or any open sores you may have.
- Clean and disinfect any surfaces, such as countertops and floors, on which body fluids have been spilled.
- Discard fluid-contaminated material in a plastic bag that has been securely sealed.
- Mops used to clean up body fluids should be:
 - (1) cleaned
 - (2) rinsed with a disinfecting solution
 - (3) wrung as dry as possible
 - (4) hung to dry completely
- Be sure to wash your hands after cleaning up any spill even if you wore gloves.



License Exempt Provider Serious Injury Report

Child Development and Care (CDC)



Instructions: Complete this form for all serious injuries or deaths which occurred in a license exempt child care setting for those receiving child care subsidy. Complete one form for each incident. Providers are also required to notify parents of any incidents.

***Serious Injury** means any physical harm to a child that requires emergency safety intervention. This includes, but is not limited to, burns, lacerations, bone fractures, significant blood loss, and injuries to internal organs, whether self-inflicted or by someone else.

Report Date

Injury Date

Injury Location (address and city)

Child(ren) involved in the incident (first and last name)

Child Care Provider Name

Provider ID#

Provider Phone Number

Parent/Guardian Name

Parent Case #

Parent Phone Number

Describe the incident. Be specific.

Did the incident cause:

The death of a child?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
A child's broken bone?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
A child needing stitches?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
A child being burned?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Any other serious injury? (If yes, please explain)	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Were the police involved?

Yes ☐ No ☐

Did the incident require a hospital visit?

Yes ☐ No ☐

Person reporting this incident

I am the

(parent, caregiver, etc.)

Submit this form to the CDC office by:

Fax:

517-284-7529

or

Mail:

Child Development and Care
P.O. Box 30267
Lansing, MI 48909

*Please Note: This form is not for reporting abuse or neglect. To report suspected abuse or neglect, please call 855-444-3911 or use the online reporting system at www.michigan.gov/mandatedreporter.