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| **Minor Award Name** | Child Health and Well Being |
| **Minor Award Code** | 5N1765 |
| **Level** | Level 5 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| **Child Care and Education 5th Edition** | Book | Practice features show you exactly how you can use the knowledge and concepts when you are working in real life scenarios. It has details of nappy changing, bathing, bottle making etc. | Tina Bruce & Carolyn Meggitt | http://www.omahonys.ie/v2/r\_prod\_info.php?p=275441 |
| **Children’s Health** | Book | This book cover may of the topics required in this module. It covers the key events in a child’s life in relation to development and health. Diet and childhood diseases are examined. Good overall reference book | Health Library – Rebo Publishing | <http://www.amazon.com/Health-Library-Childrens/dp/9036619076/ref=sr_1_fkmr0_1?s=books&ie=UTF8&qid=1446397733&sr=1-1-fkmr0&keywords=children%27s+health+rebo+publishing> |
| **Your child’s**  **immunisation**  **A guide for parents for children born on or after the 1st July 2015** | e-booklet | The most up to date guide to the immunisations required by children | HSE | <http://www.hse.ie/eng/health/immunisation/pubinfo/babychildimm/parentsguide.pdf> |
| **Management of Infectious Disease in Childcare Facilities and Other Childcare Settings** | e-Book | The document outlines the controls that should be in place to prevent illness. It describes various common diseases and has sample letters for parents. The document also has a variety of templates that services may use to record information if a child is sick,  It also contains a generic audit checklist is for use in reviewing infection control in childcare settings | Health Protection Surveillance centre | <https://www.hpsc.ie/A-Z/LifeStages/SchoolHealth/File,13445,en.pdf> |
| **What’s that Rash** | Book | Information on how to identify and treat childhood rashes. The book has good illustrations of childhood rashes | Prisca Middlemiss | <http://www.amazon.co.uk/Whats-That-Rash-Childhood-Practical/dp/0600605132> |
| **Sudden Infant Syndrome** | Video – you tube | Short video giving information in SIDS | HSE | <https://www.youtube.com/watch?v=Q-FklORlDYM> |
| **Handwashing Technique** | e-information poster | Poster demonstration the correct procedure for handwashing (SARI) | HSE | <https://www.healthpromotion.ie/hp-files/docs/HCU00410.pdf> |
| **Health and Safety in Childcare** | Book | This guide provides the necessary tools to address health and safety issues within settings. It outlines a combination of best practice, compliance with legislation and the development and implementation of policies and procedures necessary to ensure the health, welfare and safety in childcare services. Topics covered include general hygiene, fire safety, food hygiene and first aid. | Barnardos & Border County Childcare Network | <http://www.barnardos.ie/resources-advice/publications/publications-to-buy/health_and_safety_in_childcare.html> |
| **Child Safety and Injury Prevention Publications** | Website | A variety of publication, leaflets and videos clips relating to the safety of children in the home and surrounding areas | HSE | <http://www.hse.ie/eng/health/child/childsafety/publications/> |
| **Fire safety in pre-schools** | e-Book | Guidelines for pre-school providers in regard to fire safety. The document outlines the requirement in relation fire safety and has templates and procedures for recording any fire safety information. | Department of Environment Heritage and local Government | <http://www.environ.ie/en/Publications/Community/FireandEmergencyServices/FileDownLoad,1027,en.pdf> |
| **A Short Guide to The Safety, Health and Welfare**  **at Work Act, 2005** | e-booklet | This guide is designed to provide a brief overview of the responsibilities of key  Stakeholders including employers and workers under Safety, Health and Welfare at Work Legislation. | Health and Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Short_Guide_to_SHWWA_2005.pdf> |
| **Guidelines on risk assessments and safety statements** | e-document | These guidelines are designed to help an employer or self-employed person to manage safety and health at their place of work. | Health & Safety Authority | <http://hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Guidelines_on_Risk_Assessments_and_Safety_Statements.pdf> |
| **Early Years shop – Risk assessment** | e- templates | These risk assessment forms have been designed to support childcare providers to comply with Health and Safety Legislation, Preschool Regulations (2006) and Children First (2011). It is a legal requirement to carry out risk assessments, not only of your building, but also when you take children on outings. These risk assessment forms provide all the prompts to carry out the risk assessment. | Canavan & Byrne – Early Years Shop | <http://www.earlyyearsshop.ie/product/risk-assesment-2/> |
| **HACCP – A food safety management system** | Information leaflet | This information leaflet gives a good overview of the HACCP system that is in place in early years settings | Food Safety authority of Ireland | <https://www.fsai.ie/food_businesses/haccp/haccp.html> |
| **Food and Nutrition Guidelines for Pre-school services** | e-Book | These guidelines are intended as a resource and guide for all relevant stakeholders. The aim of these Guidelines is to provide practical information to pre-schools on a varied and healthy diet. They lay out the required number of meals required by each age group and provide sample menus | Health Promotion Unit – Dept. of Health and Children | <http://health.gov.ie/wp-content/uploads/2014/03/Food-and-Nutrition-Guidelines-for-Pre-School-Services.pdf> |
| **3 week meal plan – for pre schools** | Handbook | This resource aims to provide a practical guide for implementing the guidelines and to provide balanced, nutritious meal ideas that will satisfy a growing child. Includes sample menus and recipes | HSE | <https://www.healthpromotion.ie/hp-files/docs/HPR00901.pdf> |
| **Is there more sugar in this drink than you think?** | Poster | This poster gives examples of the amount of sugar contained in common drinks | Safe Food | <https://www.ucc.ie/en/media/academic/dentalschool/newwebsitephotos/documents/a2_sugary_drinks_poster_final_1.pdf> |
| **What is a balanced diet - Food Pyramid etc.** | Posters and information | This gives you information on health eating and provides posters and booklets that can be downloaded | Safe food | <http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-Food-Pyramid.aspx> |
| **Tooth brushing** | Video | A video that gives information on how to brush children’s teeth | UCC - Ireland | <https://www.youtube.com/watch?v=CmJX4GEg-h0&feature=youtu.be> |
| **Early Years shop – general recording keeping forms** | e- templates | All the general record keeping form needed in an Early Years setting i.e. accident and incident, Fire drills , cleaning charts etc. | Canavan & Byrne – Early Years Shop | <http://www.earlyyearsshop.ie/product/general-record-keeping-forms/> |
| **Policies – A Practical Guide to developing Childcare Policies** | Book & DVD | The publication supports in the development of childcare policies required for this module i.e. outings policy. On the DVD it also gives examples of other policies that would support the module such as Accident policy, sleeping policy and illnesses policy | Marie Willoughby - Barnardos | <http://www.barnardos.ie/resources-advice/publications/publications-to-buy/a-practical-guide-to-developing-childcare-policies-set.html> |
| **Legislation Handbook for Childcare Providers (2nd Edition)** | Handbook | This handbook acts as a guide to the many areas of legislation that impact upon childcare providers in Ireland. | Barnados & Border County Childcare Network | <http://www.barnardos.ie/resources-advice/publications/publications-to-buy/legislation_handbook_for_childcare_providers_2nd_edition.html> |
| **Training Resource - Supporting Children's Positive Behaviour** | Resource Pack | The pack helps with understanding the theories behind young children’s social interactions and how to handle the more challenging situations that may arise in working with children.The pack provides all of the information and resources needed to provide a training session, including: A PowerPoint Presentation on CD; Comprehensive facilitator’s guidance and notes; Materials needed to facilitate an interactive workshop. | Barnados | <http://www.barnardos.ie/resources-advice/publications/publications-to-buy/supporting-childrens-positive-behaviour.html> |
| **Meeting the Challenge: Effective Strategies for Challenging Behaviours in Early Childhood Environments** | Book | This reader-friendly book explains the biological and social sources of aggressive behavior and offers easily understandable ideas and strategies proven to prevent and safely diffuse the most challenging behaviors. Includes ways to empower and observe all children | Barbara Kaiser & Judy Sklar Rasminsky | <https://www.naeyc.org/store/node/238> |
| **Outdoor play matters - The benefit of outdoor play for young children** | Handbook | The handbook highlights the benefits of outdoor play and shows how playing outside supports the child’s development | Barnados | <http://www.barnardos.ie/assets/files/publications/free/Barnardos_OudoorPlay%20final%20pdf%20for%20web.pdf> |
| **Get Ireland Active – promoting physical activity in Ireland** | National Guidelines | These guidelines emphasise the importance of physical activity to the health of all Irish people and outlines the recommendations for physical activity for people of all ages and abilities | Department of Health and children  & HSE | <http://www.getirelandactive.ie/content/wp-content/uploads/2011/12/Get-Ireland-Active-Guidelines-GIA.pdf> |
| **Aistear - Early Childhood Curriculum Framework for children from birth to six years in Ireland** | e-book | Aistear describes the types of learning (dispositions, values and attitudes, skills, knowledge, and understanding) that are important for children in their early years, and offers ideas and suggestions as to how this learning might be nurtured. The Framework also provides guidelines on supporting children’s learning through partnerships with parents, interactions, play, and assessment. | National Council for Curriculum and Assessment (NCCA) | <http://www.ncca.biz/Aistear/> |
| **Pre-school regulations 2006** | Online document | The document outlines Child Care (Pre-School Services) (No 2) Regulations 2006 and Child Care (Pre-School Services) (No 2) (Amendment) Regulations 2006. | Department of Health and Children & HSE | <http://www.dcya.gov.ie/documents/publications/Child_Care_Pre-_School_Services_Regs_2006.pdf> |
| **Siolta** | E-Manual | Síolta, the National Quality Framework for Early Childhood Education in Ireland is designed to define, assess and support the improvement of quality across all aspects of practice in Early Childhood Care and Education (ECCE) settings where children aged birth to six years are present | Síolta was developed by the Centre for Early Childhood Development and Education on behalf of the Department of Education and Skills | <http://siolta.ie/> |
| **Child Health & Well Being** | Book & DVD | A comprehensive textbook introducing the key requirements and concepts for the module. It has examples of assessments that could be used. The teacher copy includes a DVD with slides of the chapters | Niamh Gaine – Gill & Macmillan | <http://www.gillmacmillan.ie/childcare/childcare/child-health--wellbeing> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Early Childhood Ireland (ECI) | <https://www.earlychildhoodireland.ie/> |
| National Childhood Network (formerly BCCN) | <http://www.ncn.ie/> |
| Canavan & Byrne | <https://www.canavanbyrnechildcare.ie/> |
| Barnardos | [www.barnardos.ie](http://www.barnardos.ie) |
| Early Years (NI) | <http://www.early-years.org/> |
| National Association of the education of young children (NAEYC) | [www.naeyc.org](http://www.naeyc.org) |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | https://www.mooc-list.com/ |