

Important note to all Empower Superheroes!

Supplement to the Empower Guidebook, September 2014

The Empower Program strives to assist child care providers in implementing the 10 Standards. Based on feedback from child care providers across the state, the Empower Program would like to highlight three main points:

- 1. Children with Special Health Care Needs (CSHCN):** The Empower Program promotes healthy living for all children, regardless of any limitations they may have. Please remember a few things when working with CSHCN:

Definition:

Children with Special Health Care Needs (CSHCN) have, or are at increased risk for, a chronic physical, developmental, behavioral or emotional condition and also require health and related services of a type or amount beyond that required by children generally. Special health care needs include, but are not limited to, asthma, diabetes, epilepsy, food allergies, spina bifida, cerebral palsy, Down syndrome and autism.

Adaptations:

- ★ When considering a modification for CSHCN, it is important to understand the primary objective of the activity. Sticking too strictly to an activity (e.g. jumping rope) may exclude a child from accomplishing the goal of the activity (e.g. physical activity). With all CSHCN, the focus should be on ensuring the overall aim of the program is achieved (e.g. participation in physical activity to promote a healthy body).
- ★ Ask for family guidance: When unsure how to include a child in a particular activity, ask the family for input. Families of CSHCN have the most direct and relevant information about the child's abilities, interests and preferences. CSHCN and their families are invaluable resources in planning inclusive activities.
- ★ M.O.S.T. Strategies: It can be a challenge to teachers of early childhood programs to include children with Special Health Care Needs or disabilities. To effectively plan creative activities, teachers must consider each child's unique needs, ensuring that appropriate Materials are used, IEP (Individualized Education Plan) Objectives are embedded, and Space and Time are adequate.

For more information, please visit the ADHS Office for Children with Special Health Care Needs: <http://www.azdhs.gov/phs/owch/ocshcn/>



- 2. Sunscreen and Family Permission:** Please remember, per Licensing rules R9-5-501.C.9.a-c. and R9-5-501.B, that sunscreen is considered a personal product. Providers are required to get written family permission if the **facility** supplies the sunscreen. If the **family** provides the child's sunscreen, the family needs to make sure it is labeled with the child's first and last name and the sunscreen should be stored in an area that is inaccessible to the children. For children who are unable to safely apply sunscreen, assistance will be needed. Please check out the sample consent form on the Empower website: www.theempowerpack.org

- 3. Staff Training:** The Empower Program requires three hours of training on age-appropriate Empower topics annually. Empower topics include: physical activity, screen time, sun safety, breastfeeding, fruit juice, family-style meals, oral health and tobacco education.

