

Introduction

Come Grow with Us

A health education and resource manual for child care providers

Child care providers are entrusted with the important task of caring for our children. This requires information, many skills and much dedication. It also requires collaboration with parents and service agencies.

Parents, child care providers and York Region Community and Health Services all have the same goal: to ensure that our children are well cared for in a safe and healthy environment.

Come Grow with Us has been designed to provide information and resources that will assist child care providers in their role in achieving that goal.

Each chapter provides general information, several "Tips for success", and forms which may be downloaded and printed or photocopied. Resource materials and website links relevant to each chapter are located in the appendix section of the manual. Phone numbers of additional resource materials and services are in the Community Resources section.

If you have any questions, please call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933.

In this manual, you will find information on the following topics:

- Immunization
- Preventing the spread of infection
- Illness
- Creating a safe environment, indoors and outdoors
- Nutrition
- Food safety
- Dental health
- Mental health
- Healthy sexuality
- Abuse prevention

The *Come Grow with Us* manual is updated every year. Updates are provided on-line at www.york.ca/comegrowwithus or visit your local library or Ontario Early Years Centre for a reference copy.

The *Come Grow with Us* manual is an education and resource manual and is not to be considered as providing legal or medical advice.



To access the services of
York Region Community and Health Services

Contact

York Region *Health Connection*

at

1-800-361-5653, TTY 1-866-252-9933

York Region *Health Connection* is a free and confidential health information and education telepractice service provided by health care professionals including: public health nurses, sexual health nurses and public health inspectors. The service provides York Region individuals, families, organizations and health care practitioners with support and counselling for public health related questions and concerns, as well as current public health information.

