

Come Grow with Us

A Health Education and Resource Manual for Child Care Providers

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www.york.ca/comegrowwithus



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

Acknowledgements

When the decision was made to update the resources offered to child care centres by the York Region Community and Health Services Department, little did we know that we were embarking on the ambitious undertaking that followed.

However, in 1993 the successful result of our two year project was *Come Grow with Us*, A Health Education and Resource Manual for Child Care Providers. This endeavour involved our Healthy Children Child Care Subcommittee (now known as the *Come Grow with Us* Child Care Committee) staff from all divisions of the Public Health Department, as well as numerous consultations with child care providers, early childhood educators, parents and other service providers.

We are very grateful to the Middlesex-London Health Unit for providing the starting point of our undertaking. Their resource binder *Safe Healthy Children: A Health and Safety Manual for Child Care Providers* modelled the framework within which we based *Come Grow with Us*.

A special thank you is extended to the *Come Grow with Us* Child Care Committee for revising and updating the 2010 Edition of the manual and for their coordinated efforts in making the manual available on the York Region website at www.york.ca/comegrowwithus.

Thank you, to community members, York Region Community and Health Services staff and to our support staff for their contributions to the 2011 Edition of the manual.

Funding and updates for this project are provided by York Region Community and Health Services. For more information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit our website at www.york.ca/comegrowwithus.

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

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