



# Building Consultation Skills: Health Education



# Health Education

- Your Name
- Agency
- Date



# Introductions

1. Your name
2. Your visual
3. How you have used it
4. Who you have trained with it
5. How it has been helpful in your health education sessions



# Training Objectives

- Know how to include health education topics into daily activities
- List guidelines to consider when designing health education materials
- Describe guidelines to consider when developing policies related to health education



# Opening: Health Education Needs

- Children
- Parents/Guardians
- Teachers/Caregivers





# *Caring for Our Children*

Child care facilities should have a planned program of daily activities that includes specific health education topics on a daily basis throughout the year. Topics of health education should include health promotion and disease prevention topics, e.g., handwashing, oral health, nutrition, physical activity, etc. <sup>2.1.1.1</sup> (2011)





# Health Education for Children

Daily opportunities for health education

Exercise

Toothbrushing

Nutrition

Handwashing

Many more!





# “Teachable Moments”

**Example 1:** When a child is sitting on your lap with the sniffles

**Example 2:** When a child is going into the hospital tomorrow

**Example 3:** When the children are eating lunch

(Kendrick, Kaufmann, Messinger, 1995)





# Health Education for Parents/Guardians

- Take advantage of personal contacts
- Provide consultation
- Make referrals
- Offer additional support



(USDA, 2006)



# Health Education for Staff

Staff members are role models.

## WHAT?

- Physical health
- Oral health
- Social health
- Occupational hazards

## HOW?

- Staff meetings
- Discussions
- Workshops
- Guest speakers
- Newsletters
- Posters



# Guidelines for Designing Health Education Materials

Vary the materials and the approach

- Print materials
- Graphics
- Audio
- Video
- Computer- and web-based





# Guidelines for Designing Health Education Materials

- Ensure developmentally appropriate
- Incorporate information technology
- Include current resources
- Ensure cultural and linguistic competency



# Activity: Oral Health for Toddlers





# Guidelines for Developing Health Education-Related Policies

Consider:

- Who will receive the health education?
- What topics might be included?
- What resources for speakers and materials are suggested?

(Aronson, 4th ed., 2002)





# Guidelines for Developing Health Education-Related Policies

Emphasize:

- Activities and materials are developmentally/culturally appropriate
- Health practices are integrated into daily activities
- Topic areas can relate to specific weeks/months

(Aronson, 4th ed., 2002)



# Guidelines for Developing Health Education-Related Policies

Emphasize when and how:

- Parents/guardians are notified of sensitive topics
- Parents/guardians notify staff if they do not want children included in specific activities

(Aronson, 4th ed., 2002)



# Action Items for the CCHC

- Assist in assessing interests and needs
- Assist in determining priorities
- Encourage child care staff to offer educational programs that are convenient



# Action Items for the CCHC

- Assist in designing programs
- Assist in the development of health education policies and procedures
- Refer to community resources



# Learning Assessment

- List one thing you learned during this presentation
- List two guidelines for designing health education materials
- List two guidelines for developing health education-related policies



# Activity: Evaluation

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Please take a few minutes to complete the evaluation.