If you have suggested additions, or you find that some links are not working, please email [resourcelist@fess.ie](mailto:resourcelist@fess.ie)

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| **Minor Award Name** | **Child Care and Safety** |
| **Minor Award Code** | **4N1905** |
| **Level** | **4** |

**Suggested resources to support delivery:**

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| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Explain the basic requirements necessary to provide for the health, hygiene, safety, well-being and nutritional needs of children | Factsheet | Breast/Bottle-feeding, weaning and solids | Hse.ie | <https://www.hse.ie/eng/health/child/cfyb/0-6mths/feeding/> |
| Factsheet | How to sterilise feeding equipment | www.nhs.uk | <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/sterilising-bottles.aspx> |
| Factsheet | Safety for 0-6month old babies | www.hse.ie | <https://www.hse.ie/eng/health/child/cfyb/0-6mths/babysafe/> |
| Factsheet | Safe sleep guidelines | www.hse.ie | <https://www.hse.ie/eng/health/child/cfyb/0-6mths/sleepcry/> |
| Video and Factsheet | Toilet training | NHS | <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/potty-training-tips.aspx> |
| Factsheet | Safety for pre-school children, car and farm safety | HSE | <https://www.hse.ie/eng/health/child/cfyb/2-5yrs/childsafety/> |
| Booklet | Healthy eating and nutrition | Health Promotion Unit | <https://www.healthpromotion.ie/hp-files/docs/HPM000851.pdf> |
| Booklet | Examples of healthy lunch boxes | Health Promotion Unit | <https://www.healthpromotion.ie/hp-files/docs/HPM00885.pdf> |
| Booklet | Physical activity for 0-3year olds | www.healthpromotionunit.ie | <https://www.healthpromotion.ie/hp-files/docs/HPM00871.pdf> |
| Factsheet | Allergies and intolerances | www.safefood.eu | <http://www.safefood.eu/Food-safety/Food-Allergies/Allergy-or-intolerance.aspx> |
| Factsheet | Immunisation Schedule | www.hse.ie | <http://www.hse.ie/eng/health/immunisation/pubinfo/babychildimm/parentsguide.pdf> |
| Factsheet | Growth and development guidelines, guide to developmental health checks | www.hse.ie | <https://www.hse.ie/eng/health/child/cfyb/0-6mths/growthdevelopment/> |
| Leaflet | Information on reducing risk and what to do in event of poisoning | Health Promotion Unit | <https://www.healthpromotion.ie/hp-files/docs/HPM00790.pdf> |
| Factsheet | Selecting a Pre-school | HSE | <https://www.hse.ie/eng/health/child/cfyb/2-5yrs/educationcare/> |
| Factsheet | Safe Outdoor Play | HSE | <http://www.hse.ie/eng/health/child/childsafety/play_outdoors.html> |
| Book | Health and Well-being guide to ECCE setting. | Niamh Gaine | <http://www.schoolbooksireland.ie/Child-Health-and-Well-Being/9780717156269/> |
| eBook | Positive behaviour management | www.barnardos.ie | <http://shop.barnardos.ie/home/35-your-young-childs-behaviour.html> |
| Poster | Child safety awareness checklist | www.hse.ie | <http://www.hse.ie/eng/health/child/childsafety/checklist_first_aid.pdf> |
| Poster | Safe sleep guidelines | www.health promotion unit.ie | <https://www.healthpromotion.ie/hp-files/docs/HPM00078.pdf> |
| PDF | Safe play environments | Siolta.ie | <http://siolta.ie/media/pdfs/Research%20Digest%20-%20Environments.pdf> |
| Distinguish between the different dietary requirements of babies and young children | PDF | Food and Nutrition Guidelines for Preschool Services. | Health promotion unit – Department of Health and Children | <http://health.gov.ie/wp-content/uploads/2014/03/Food-and-Nutrition-Guidelines-for-Pre-School-Services.pdf> |
| Step-by-step guide | How to make an Infant formula bottle | www.nhs.uk | <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/making-up-infant-formula.aspx> |
| Interactive site | Tips on Breastfeeding and common complications | HSE | <https://www.breastfeeding.ie/> |
| Handout | Dietary differences/preferences and encouraging independence in feeding | Early Childhood Ireland | <https://www.earlychildhoodireland.ie/work/operating-childcare-service/nutrition/happy-healthy-lunchtime-experiences/> |
| PDF | Illustrated examples of portion sizes | www.safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications_1/G6101-Safefood-App-Port-Control-Guide_single-pages.pdf> |
| Handout | Nutritional requirements for service providers | Early Childhood Ireland | <https://www.earlychildhoodireland.ie/work/operating-childcare-service/nutrition/nutrition-and-regulation/> |
| PDF | Information on weaning. | HSE Dun Laoghaire Nursing Service | <http://www.hse.ie/eng/services/list/2/PrimaryCare/pcteams/dublinsouthpcts/dunlaoghaireglasthulepct/weaningguide.pdf> |
| Assist in the compliance with health and safety requirements in the provision of ECCE services for babies and children | Regulations | Child Care (Pre-School Services) (No 2) Regulations 2006 and Child Care (Pre-School Services) (No 2) (Amendment) Regulations 2006 | Government publications | <http://www.dcya.gov.ie/documents/publications/Child_Care_Pre-_School_Services_Regs_2006.pdf> |
| Booklet | Child Protection | Department of Children and Youth Affairs | <http://www.dcya.gov.ie/documents/Publications/ChildrenFirst.pdf> |
| Leaflet | Importance of outdoor play | Early Childhood Ireland | <https://www.earlychildhoodireland.ie/work/quality-practice/play/play/> |
| Identify a range of the most common childhood illnesses | Interactive slides | Visual tools to identify common childhood illnesses | NHS | <http://www.nhs.uk/Tools/Pages/Childhoodillness.aspx> |
| Factsheet | Factsheet listing signs, symptoms and treatment of common childhood illnesses | NHS | <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/infectious-illnesses-children.aspx> |
| Recommend a range of healthy snacks for children | Booklet | Three week healthy menu plan that suggests simple meals on a budget. | Health promotion Unit | <https://www.healthpromotion.ie/health/inner/3_week_menu_plan> |
| PDF | Sample foods for children with reference to Food pyramid | Health promotion Unit | <https://www.healthpromotion.ie/hp-files/docs/HPM00383.pdf> |
| Fact sheet and Video link | Tips for healthy eating | NHS | <http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx> |
| Conduct a routine safety check on a room using a checklist | Booklet | Shortened version of Safety, Health and Welfare at Work Act 2005. | Health and Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Short_Guide_to_SHWWA_2005.pdf> |
| PDF | Risky play and risk assessments in Childcare setting | Barnardos.ie | <http://www.barnardos.ie/assets/files/publications/free/childlinks_body27.pdf> |
| PDF | National standards for Quality Assurance and safety in Childcare setting | www.dcya.gov.ie | <http://www.dcya.gov.ie/documents/childcare/National_Standards_for_Pre-School_Services.pdf> |
| PDF | Sample Health and Safety policy | www.ucc.ie | <https://www.ucc.ie/en/media/support/creche/documents/HealthandSafetyPolicy.pdf> |
| Checklist | Health and Safety daily checklist | www.in.gov | <http://www.in.gov/fssa/files/HealthSafetyDailyChecklist.pdf> |
| Assist in the provision of appropriate personal care routines for babies and young children | PDF | Care routines and illnesses. Immunisation schedule has since been updated. | HSE | <https://www.hpsc.ie/A-Z/LifeStages/SchoolHealth/File,13445,en.pdf> |
| Book | Guidance on promotion of Health and Safety in the Early year’s setting. | Barnardos.ie | <http://shop.barnardos.ie/publications/81-health-and-safety-in-childcare.html> |
| Poster | Good hand washing techniques | www.safefood.eu | <http://www.safefood.eu/Education/Pre-school/Pre-school-handwashing-poster.aspx> |
| Video and Factsheet | Nappy changing demonstration and list of equipment needed | NHS | <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/nappies.aspx> |
| Video and Factsheet | Washing and bathing your baby practical | NHS | <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/washing-your-baby.aspx> |
| Book | Teaches health, safety and nutritional needs of children 0-8years to include using handkerchief for sneezing and catching germs | Google.ie | <https://books.google.ie/books/about/Safety_Nutrition_and_Health_in_Early_Edu.html?id=-sDxoAEACAAJ&redir_esc=y> |
| Respond appropriately to babies and children while engaging in routine and directed tasks under supervision | PDF | These guidelines identify a range of interaction strategies and methods which the adult can use to enhance children’s learning and development using Aistear, the Early Childhood Curriculum Framework. Examples are given for different learning environments. | National Council for Curriculum and Assessment | <http://www.ncca.ie/en/Practice-Guide/Aistear/Learning-and-developing-through-interactions-pp-27-30-and-46-47-.pdf> |
| PDF | Promoting positive interactions | National Council for Curriculum and Assessment | <http://www.ncca.ie/en/Curriculum_and_Assessment/Early_Childhood_and_Primary_Education/Early_Childhood_Education/Aistear_Toolkit/interactions.pdf> |
| PDF | Book list and tips for reading to babies | National Council for Curriculum and Assessment | <http://www.ncca.ie/en/Curriculum_and_Assessment/Early_Childhood_and_Primary_Education/Early_Childhood_Education/Aistear_Toolkit/Baby-Books-tipsheet-draft-6-Final>. |
| PDF | The role of the adult in play | www.playwales.org.uk | <http://www.playwales.org.uk/login/uploaded/documents/INFORMATION%20SHEETS/role%20of%20adults%20in%20childrens%20play.pdf> |
| Reflective practice | EBook | Explores inclusion of children with additional needs | www.barnardos.ie | <http://shop.barnardos.ie/publications/107-ebook-childlinks-children-with-additional-needs-issue-3-2012.html> |
| Video links | Tips on scaffolding and empowering children to improve on social skills relating to nutritional habits. | www.safefood.eu | <http://www.safefood.eu/Education/Pre-school/Little-Bites-(ROI)/Teaching-and-learning.aspx> |
| Book | Reflective practice in the Early years. | Michael Reed and Natalie Canning (2010) | <http://sk.sagepub.com/books/reflective-practice-in-the-early-years> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Aistear, The Early Childhood Curriculum Framework, Principles and Themes | <http://www.ncca.ie/en/Curriculum_and_Assessment/Early_Childhood_and_Primary_Education/Early_Childhood_Education/Framework_for_early_learning/> |
| Síolta, The National Quality Framework for Early Childhood Education | <http://siolta.ie/> |
| Early Childhood Ireland | <https://www.earlychildhoodireland.ie/> |
| Barnardos | <http://shop.barnardos.ie/14-publications> |
| Health promotion Safefood.eu | <http://www.safefood.eu/Education/Pre-school/Little-Bites-(ROI).aspx> |

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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/> |