













Healthy Environments

The VLS Core Content was designed to align across tracks which means a significant portion of each track's content is relevant for all direct care staff. This document identifies unique age-specific content, activities, and resources by lesson and can be used as a guide for review material if a staff member moves to care for a new age-group. For example, direct care staff who move from an infant and toddler to a preschool classroom should consult the Preschool track to be aware of age-specific material that resides in that track. Use this document as a guide and remember to work with your trainer to help identify content areas in the VLS where you may need extra review and support to be knowledgeable about best practices for all children in your care.

LESSON 1

Infants & Toddlers Staying Healthy: Healthy Environments	Preschool Staying Healthy: Healthy Environments	School Age Staying Healthy: Healthy Environments
<p style="text-align: center;"> — SEE —</p> <p>1. Video: <i>Maintaining A Clean Infant And Toddler Environment</i></p> <p style="text-align: center;"> — EXPLORE —</p> <p>2. Video: <i>Maintaining a Clean Environment</i></p> <p>3. Attachment: <i>Partnering and Cleaning Activity</i></p> <p style="text-align: center;"> — APPLY —</p> <p>4. Attachment: <i>Cleaning Sanitizing, and Disinfecting Frequency Table</i></p>	<p style="text-align: center;"> — SEE —</p> <p>1. Video: <i>Maintaining Healthy Environments</i></p> <p style="text-align: center;"> — EXPLORE —</p> <p>2. Attachment: <i>Helping Young Children Understand Germs and Healthy Practices</i></p>	<p style="text-align: center;"> — SEE —</p> <p>1. Video: <i>Maintaining a Healthy Classroom</i></p> <p style="text-align: center;"> — EXPLORE —</p> <p>2. Attachment: <i>Online Resources on Germs and Healthy Environments</i></p>


LESSON 2

Infants & Toddlers Staying Healthy: Proper Hygiene	Preschool Staying Healthy: Proper Hygiene	School Age Staying Healthy: Proper Hygiene
<p style="text-align: center;">  KNOW </p> <ol style="list-style-type: none"> Section: <i>Hand Washing Procedures</i> <p style="text-align: center;">  SEE </p> <ol style="list-style-type: none"> Video: <i>Handwashing Done Correctly</i> Video: <i>Assisting with Handwashing</i> <p style="text-align: center;">  APPLY </p> <ol style="list-style-type: none"> Attachment: <i>Infant Handwashing</i> 	<p style="text-align: center;">  SEE </p> <ol style="list-style-type: none"> Video: <i>Preventing the Spread of Disease</i> 	<p style="text-align: center;">  EXPLORE </p> <ol style="list-style-type: none"> Attachment: <i>Challenge – Are you washing right?</i>

LESSON 3

Infants & Toddlers Staying Healthy: Diapering and Toileting	Preschool Staying Healthy: Toileting	School Age Staying Healthy: Personal Health and Emotional Wellness
<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to infant & toddler children.</p>	<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to preschool children.</p>	<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to school age children.</p>



LESSON 4

Infants & Toddlers Staying Healthy: Daily Health Checks	Preschool Staying Healthy: Daily Health Checks	School Age Staying Healthy: Daily Health Checks
<p style="text-align: center;">  EXPLORE </p> <p>1. Attachment: <i>Exclusion Policy Reflective Exercise</i></p>	<p style="text-align: center;">*No Action Required</p> <p>If you are moving to this track and you have already covered this course in another track in the VLS, you may skip this lesson as it is equivalent across each direct-care track.</p>	<p style="text-align: center;">*No Action Required</p> <p>If you are moving to this track and you have already covered this course in another track in the VLS, you may skip this lesson as it is equivalent across each direct-care track.</p>



LESSON 5

Infants & Toddlers Staying Healthy: Nutrition, Feeding, and Physical Activity	Preschool Staying Healthy: Nutrition and Physical Activity	School Age Staying Healthy: Nutrition and Physical Activity
<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to infant & toddler children.</p>	<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to preschool children.</p>	<p style="text-align: center;">*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant content specific to school age children.</p>

LESSON 6

Infants & Toddlers Staying Healthy: Mental Health Needs	Preschool Staying Healthy: Mental Health Needs	School Age Staying Healthy: Mental Health Needs
<p style="text-align: center;"></p> <p>1. Attachment: <i>Deployment and Coming Home</i></p>	<p style="text-align: center;">*No Action Required</p> <p>If you are moving to this track and you have already covered this course in another track in the VLS, you may skip this lesson as it is equivalent across each direct-care track.</p>	<p style="text-align: center;"></p> <p>1. Attachment: <i>Resources for Military Children Affected by Deployment</i></p>

LESSON 7

Infants & Toddlers Staying Healthy: Special Health Needs	Preschool Staying Healthy: Special Health Needs	School Age Staying Healthy: Special Health Needs
<p style="text-align: center;"></p> <p>1. Video: <i>Special Health Care Needs</i></p>	<p style="text-align: center;">*No Action Required</p> <p>If you are moving to this track and you have already covered this course in another track in the VLS, you may skip this lesson as it is equivalent across each direct-care track.</p>	<p style="text-align: center;"></p> <p>1. Attachment: <i>Allergies and Asthma Booklist</i></p>