



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

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EFFECTIVE: 07-01-2010
Updated

SUBJECT: Health Education

APPROVED: 07-01-2010
[Signature]
BY: Ron Griffin, Director

PURPOSE:

To provide medical, dental, nutrition and mental health education programs to families and program staff

POLICY:

Grantee and Delegate agencies must provide medical, dental, nutrition and mental health education programs for parents, program staff and families that includes assisting parents in understanding how to enroll and participate in a system of ongoing family health care. Nutrition education at a minimum must provide education in the selection and preparation of foods to meet family needs and in the management of food budgets. Mental Health provide at a minimum a variety of group opportunities for parents and program staff to identify and discuss issues related to child mental health. Health provides parents with the opportunity to learn the principals of preventive medical and dental health, emergency first-aid, occupational and environmental hazards, and safety practices for use in the classroom and in the home. In addition to information on general topics such as: (Maternal and Child Health, Prevention of Sudden Infant Death Syndrome,) information specific to the Health needs of individual children must also be made available to the extent possible.

REFERENCE:

Head Start Performance Standards 1304.40 (F) (2)(i)(ii)(iii)(3)(i)(ii)(4)(i)

PROCEDURE:

1. The Generalist will work with Teachers, Site supervisors and Specialists in scheduling health related workshops that will assist the parent in learning more about health resources available in the community.
2. All support staff will work together to plan a Resource Fair for parent at the Family Learning Center and local Head Start sites. Staff will use information gathered from Community Assessments and Parent Interest Surveys. The participants of the Resource Fair will be base on data collected from assessment and surveys. The Resource Fair will include:

- Notify parents by flyers, phone calls, face to face contact, etc...
- Hand-on health educational experiences.
- Brochures and information on Mental Health, Medical Health and Nutrition.
- Collect all material, agendas, and sign-in sheets at the end of trainings.
- Provide materials in parent's primary language and translator (as needed).
- Document training and file in Training Binder at Family Learning Center or at the Site.