



# Arkansas Department of Human Services



## Division of Child Care and Early Childhood Education Health and Nutrition Unit

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Dr. Joycelyn Elders, former director of the Arkansas Department of Health as well as United States Surgeon General was in Lincoln, Nebraska, in 1992 when she came across a Healthy Children's Handbook. She thought that Arkansas' child care providers would appreciate being given the same kind of information.

Past editions of the Arkansas Healthy Children's Handbook were coordinated and produced by the Child & Adolescent Health Team at the Arkansas Department of Health with funding provided by the Arkansas Department of Health and the Arkansas Department of Human Services' Division of Child Care and Early Childhood Education.

This 2012 version has been coordinated and produced by the Arkansas Department of Human Services' Division of Child Care and Early Childhood Education, Health and Nutrition Unit with funding provided by the Arkansas Early Childhood Comprehensive Systems Initiative Grant. The information provided within this handbook should be considered the most current and up-to-date information and will be useful in making health-based decisions and developing your agency or program policies. It is the Health and Nutrition Unit's intention to keep this handbook revised and updated as soon as new health or medical guidelines suggestions are made. It is for that reason that this handbook has no permanent binding. We suggest that the handbook be placed in a three-ring binder. This way it will be easy to insert updates and changes and discard outdated pages.

As child care providers and educators, you are the front line in protecting and promoting the health of our children. It is our desire that this handbook will serve as a tool in helping you and your staff protect and promote the health and safety of Arkansas children.

Every Child Matters!

Buster Lackey, PhD  
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Division of Child Care and Early Childhood Education

Note: While several Arkansas agencies and medical doctors provided information for this handbook, some of the material in this handbook is excerpted from a similar handbook produced by the Lincoln-Lancaster County Health Department in Nebraska. The state of Nebraska has graciously permitted Arkansas to adapt the book to fit Arkansas Child Care and Early Childhood Education Regulations.

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