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# **Minimum Standards for Listed Family Homes**

**(Session 3)**

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Presented by  
**Child Care Regulation**

# Learning Objectives



In this session you will:

- ❖ Receive a brief summary of information provided in Sessions 1 and 2
- ❖ Learn about the rules in Subchapter F Discipline and Guidance
- ❖ Learn about the rules in Subchapter G Nutrition and Food Service
- ❖ Learn about the rules in Subchapter H Health and Safety

# Brief overview of previous session:



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Sessions 1 and 2 Topics:

- ❖ Explained what Minimum Standard rules are and why we have them for Listed Family Homes
- ❖ Introduced you to the regulatory process
- ❖ Reviewed Minimum Standards in Subchapters A – E

# Child Care Regulation and You



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In our first session in this series talked about our primary goal  
- protecting the health and safety of children.

We also explained how we accomplish this goal by:

- ❖ Informing parents and the public about how specific child care operations are complying with minimum standards
- ❖ Giving technical assistance to child care providers
- ❖ Investigating complaints alleging violations of minimum standards



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# **Minimum Standards for Listed Family Homes**

## **Chapter 742**

- ❖ **Subchapter A: Purpose, Scope, and Definitions**
- ❖ **Subchapter B: Caregivers**
- ❖ **Subchapter C: Caregiver Qualifications and Responsibilities**
- ❖ **Subchapter D: Notifications and Liability Insurance**
- ❖ **Subchapter E: Basic Care Requirements**
- ❖ **Subchapter F: Discipline and Guidance**
- ❖ **Subchapter G: Nutrition and Food**
- ❖ **Subchapter H: Health and Safety Practices**

# Subchapter F, Discipline and Guidance

Discipline and guidance must be:

- ❖ Individualized and consistent for each child;
- ❖ Appropriate to the child's level of understanding; and
- ❖ Directed toward teaching the child acceptable behavior and self-control.



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# Subchapter F, Discipline and Guidance

A positive method of discipline and guidance that encourages self-esteem, self-control, and self-direction, including:

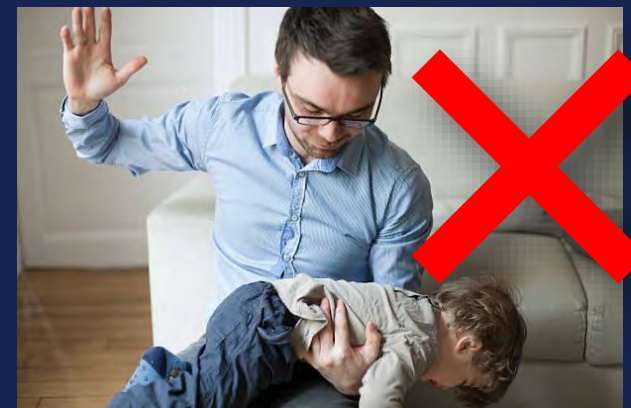
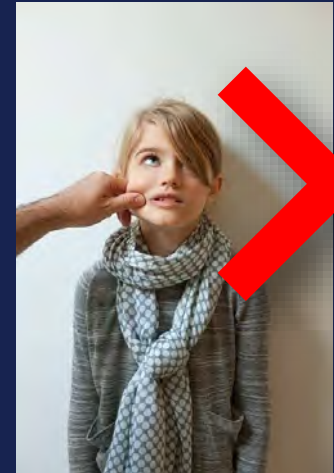
- ❖ Using praise and encouragement of good behavior;
- ❖ Reminding a child of behavior expectations daily by using clear, positive statements;
- ❖ Redirecting behavior using positive statements; and
- ❖ Using brief supervised separation or time out from the group, when appropriate for the child's age and development, which is limited to no more than one **minute per the year of the child's age.**



# Subchapter F, Discipline and Guidance

## Prohibited punishment or discipline:

- ❖ Corporal punishment is prohibited.
- ❖ Corporal punishment is the infliction of physical pain on a child as a means of controlling or managing behavior.
- ❖ Examples include hitting or spanking a child with a hand or an instrument or slapping or thumping a child.



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# Subchapter F, Discipline and Guidance

In addition to corporal punishment, prohibited discipline or guidance techniques include:

- ❖ Any harsh, cruel, or unusual treatment of any child;
- ❖ Punishment associated with food, naps, or toilet training;
- ❖ Pinching, shaking, or biting a child;
- ❖ Putting anything in or on a **child's mouth**;
- ❖ Humiliating, ridiculing, rejecting, or yelling at a child;
- ❖ Subjecting a child to harsh, abusive, or profane language;
- ❖ Placing a child in a locked or dark room, bathroom, or closet;
- ❖ Requiring a child to remain silent or inactive for inappropriately long **periods of time for the child's age, including requiring a child to remain in a restrictive device.**



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## Subchapter G, Nutrition and Food Service

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- ❖ Children must be offered a meal or snack every three hours, unless they are sleeping.
- ❖ Drinking water should always be available.
- ❖ Food must be of safe quality and stored, prepared, distributed and served appropriately.
- ❖ Food may not be used as a reward.



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# Subchapter G, Nutrition and Food Service

## Children with Food Allergies

- ❖ Children should not have access to foods that could cause an allergic reaction
- ❖ Make sure you have written directions from the parent about what to do
- ❖ Follow the parent's directions



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# Subchapter H, Health and Safety

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- ❖ Healthy Environment
- ❖ Handwashing
- ❖ Areas Free from Hazards
- ❖ Illness or Injury
- ❖ Medications
- ❖ Water Activities
- ❖ Transportation
- ❖ Emergency Preparedness
- ❖ Fire Safety



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# Healthy Environment and Handwashing

How do I ensure a healthy environment for children at my home?

- ❖ You must clean, repair, and maintain the inside of your home, outdoor areas, and equipment.
- ❖ All parts of the home used by children must be well heated, lighted, and ventilated.
- ❖ There must be 1 working sink and 1 flushing toilet in the home.
- ❖ Toys must be sanitized that are contaminated by food or bodily fluids.



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# Examples



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# Subchapter H, Health and Safety

- ❖ Cleaning supplies and other hazardous materials should be marked and inaccessible to children.



- ❖ Caregivers should wash their hands and **children's** hands often.



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# Subchapter H, Health and Safety

- ❖ All areas that are accessible to children should be free from hazards or other dangers.



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# Additional Items – Health and Safety

- ❖ During operating hours, people must not smoke or use e-cigarettes, or any other tobacco products, in the home, garage, outdoor space, in the transportation vehicle, or on field trips.
- ❖ During operating hours, people must not consume, or be under the influence of, alcohol or controlled substances. This applies when they are in the home, during transportation, or on field trips.



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# Subchapter H, Health and Safety – Medications

## What are medication requirements?

Medication is defined as the following:

- ❖ A prescription medication;
- ❖ A non-prescription (over-the-counter) medication; or
- ❖ Ointments such as diaper cream, insect repellent, or sunscreen.



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# Subchapter H, Health and Safety – Medications

## (Part 2)

Before giving medication the parent must give permission for the medication.

The authorization must be:

- 1) In writing, signed, and dated;
- 2) In an electronic format that can be viewed and saved (such as an email or text message); or
- 3) By telephone to give a single dose of a medication.



# Subchapter H, Health and Safety – Medications (Part 3)

- ❖ You must give medication as instructed on the label, unless you have other instructions in writing from the doctor or nurse that prescribed it.



- ❖ Parental authorization to give medication is only **good for one year. The child's parent must give** you a new authorization after the year expires.
- ❖ In an emergency, medication may be given without authorization to prevent serious injury or death.



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# Subchapter H, Health and Safety - Illness

How should I respond to an illness or injury that requires the immediate attention of a health-care professional?

- ❖ You must contact emergency medical services immediately or take the child to the nearest emergency room.



- ❖ Secure the supervision of the other children in care before leaving.



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# Subchapter H, Health and Safety – Water Safety

What are the water activity and swimming requirements?

- ❖ You must maintain constant and active supervision when a child is in or around water.



- ❖ When an infant or toddler is taking part in a water activity, there must always be one caregiver for each infant or toddler who is wading, bathing, or swimming.



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# Subchapter H, Health and Safety – Water Safety (Part 2)

- ❖ You must take precautionary measures to protect the safety of a non-swimmer of any age.



- ❖ You must not allow children to swim in a lake, pond, river, or similar body of water.



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# Subchapter H, Health and Safety – Water Safety

(Part 3)

- ❖ You may allow children to wade in a wading pool of less than two feet of water if you are present and have completed an online water safety course.
- ❖ Otherwise, you may allow children to swim or wade in a swimming pool or wading pool only if a lifeguard is on duty.

## Resources:



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**American Red Cross**  
Training Services

## Water Safety for Parents and Caregivers

<https://www.redcross.org/take-a-class/online-safety-classes>



## Water Safety Resources and Training

<https://www.colinshope.org/>

# Subchapter H, Health and Safety – Transportation

What are the transportation requirements?

- ❖ You must account for all children exiting a vehicle before leaving the vehicle unattended.



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# Subchapter H, Health and Safety – Transportation (part 2)

What are the transportation requirements?

Follow all state laws  
including:

- ❖ Never leave a child unattended in a vehicle.
- ❖ Always use the appropriate child safety seat system for the **child's age, height, and weight according to manufacturer's instructions.**



# Subchapter H, Health and Safety – Transportation (part 3)

What are the transportation requirements?

- ❖ Always use a safety belt for adults.
- ❖ The driver must have proof of current liability insurance and a valid driver's license.



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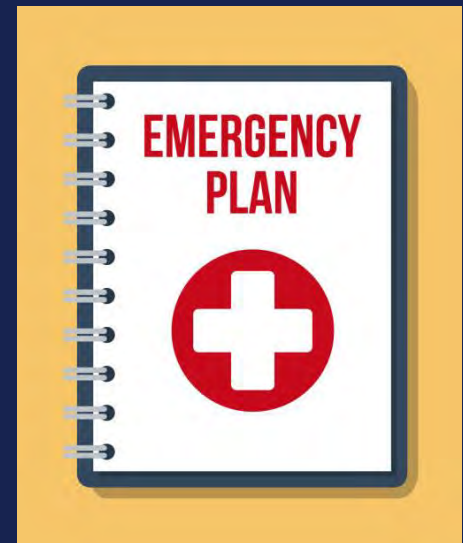


# Subchapter H, Health and Safety - Emergency Preparedness

What type of emergency preparedness plan must I have?

You must have an emergency plan for the following:

- ❖ Evacuation of your home to a safe area.
- ❖ Relocation to a designated alternate shelter in case of an emergency, such as a flood, hurricane, medical emergency, or communicable disease
- ❖ Sheltering and lock-down in the home to protect children from emergency situations.



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Practice your emergency plans on a routine basis.



# Subchapter H, Health and Safety – Fire Safety

## What are the Fire Safety Requirements?

- ❖ You must have a fire extinguisher that is serviced according to manufacturer instructions or local fire marshal requirements.
- ❖ You must have a smoke detector and replace batteries at least annually.
- ❖ If you have gas, propane, or your garage is connected to your home, you must have a carbon monoxide detector. Replace batteries at least annually.



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# Summary



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New Minimum Standards are effective March 10, 2021.

Child Care Regulation will investigate listed family homes when it receives allegations (reports) of minimum standard violations.

If you have any questions, call your local Child Care Regulation office or email [msc@hhs.texas.gov](mailto:msc@hhs.texas.gov)

We look forward to working with you as we implement these new requirements and continue to work toward our common goal of protecting the health, safety and well-being of children in Texas.

# Helpful Resources

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## Technical Assistance Library

- ❖ [https://www.dfps.state.tx.us/Child\\_Care/Search\\_Texas\\_Child\\_Care/CCLNET/Source/TALibrary/TechnicalAssistance.aspx](https://www.dfps.state.tx.us/Child_Care/Search_Texas_Child_Care/CCLNET/Source/TALibrary/TechnicalAssistance.aspx)

## Texas A&M AgriLife Training

- ❖ <https://agrilifelearn.tamu.edu/>

## Get Parenting Tips

- ❖ <http://getparentingtips.com/>

## American Red Cross

- ❖ <https://www.redcross.org/>

## Safe Kids Worldwide

- ❖ <https://safekids.org/>



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# Questions?

If you have any questions, call your local Child Care Regulation office or email [msc@hhs.texas.gov](mailto:msc@hhs.texas.gov).





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# Thank you

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