

Niños Seguros y Sanos

Safe & Healthy Children



Pediatric Environmental Health Education for
Farmworker Families



Curriculum for Staff from Migrant and Seasonal Head Start
and Migrant and Community Health Centers

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Introduction

Niños Seguros y Sanos (Safe and Healthy Children) is an initiative of Physicians for Social Responsibility (PSR), the Academy for Educational Development (AED), and Health Outreach Partners (HOP). We would like to thank the W.K. Kellogg Foundation for their generous financial support of the Niños Seguros y Sanos (Safe and Healthy Children) project.

The project aims to address environmental health in migrant and seasonal farmworker children by educating and empowering those that already have direct involvement and relationships with the children: physicians, nurses, outreach workers, promotoras, and health specialists among others.

The main goals of the Safe and Health Children Initiative are:

1. To develop an education and prevention program that reduces children’s exposure to chemicals and environmental hazards which can lead to health issues like learning and developmental disabilities, cancer, asthma, allergies, and other respiratory illnesses.
2. To build on the knowledge, awareness and ability of clinicians, outreach workers, and teachers to identify, prevent, and reduce environmental threats to children’s health.
3. To encourage and involve physicians and other health professionals to advocate for policies that decrease children’s exposures to environmental pollutants and toxic chemicals.

The initiative was launched as a pilot through Migrant and Seasonal Head Start (MSHS) Programs and Migrant and Community Health Centers (MCHC) in Michigan and Florida, using a Training of Trainers (abbreviated as TOT in this curriculum) method. The TOT method was used in order to train as many people in the field as possible, and to disseminate the curriculum in a cost-effective and timely manner. A pre-training assessment was created and administered to MSHS staff to ensure the curriculum addressed the specific environmental health concerns of the target population. Throughout the pilot phase staff from the MSHS and MCHC participated in evaluation measures and testing of additional educational materials to ensure that the end products would be culturally and linguistically appropriate.

The core TOT curriculum focuses on the ways that children are uniquely vulnerable to environmental toxins as well as how to prevent and reduce exposures. Trainings are based on proven educational and prevention materials and strategies, including PSR’s American Academy of Pediatrics endorsed Pediatric Environmental Health Toolkit, developed by PSR chapters in San Francisco and Boston in partnership with the Pediatric Environmental Health Specialty Unit at the University of California, San Francisco.



Established in 1930, the W.K. Kellogg Foundation supports children, families and communities as they strengthen and create conditions that propel vulnerable children to achieve success as individuals and as contributors to the larger community and society. Grants are concentrated in the United States, Latin America and the Caribbean, and southern Africa.

Physicians for Social Responsibility is the largest physician-led nonprofit organization working to prevent nuclear war and proliferation and to slow, stop and reverse global warming and toxic degradation of the environment.

Academy for Educational Development is a nonprofit organization working globally to improve education, health, civil society and economic development. Through their Migrant and Seasonal Head Start Technical Assistance Center, they serve more than 450 Migrant and Seasonal Head Start programs in 38 states.

Health Outreach Partners is a national nonprofit organization that works to build strong, effective, and sustainable grassroots health models by partnering with local community-based organizations across the country in order to improve the quality of life for low-income, vulnerable, and underserved populations.

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Curriculum Objectives

1. Help you to protect farmworker children from early exposure to environmental hazards that cause illness and disability across the lifespan.
2. Prepare you to be trainers of this curriculum.
3. Provide resources to help minimize health disparities among farmworker children.

WHAT IS A TRAINING-OF-TRAINER MODEL?

The Training-of-Trainer (TOT) model is an educational approach in which individuals are equipped with the skills and knowledge to teach another group about a specific topic. The focus of this model is on building a team of community-based trainers with the capacity to transfer knowledge and information. The model is known for contributing to community asset building and providing the opportunity to engage community members in curriculum-based hands-on learning.

HOW TO USE THIS CURRICULUM

The Safe and Healthy Children Curriculum has been developed for Training-of-Trainer (TOT) Facilitators. TOT Facilitators will use this curriculum to:

- Further their understanding of pediatric environmental health topics;
- Instruct their peers -- outreach workers, teachers, and health specialist-- on how to become trainers of this curriculum;
- Educate their peers as well as farmworker families on pediatric environmental health topics.

The curriculum can also be used by non-TOT Facilitators to further their understanding of environmental health topics and prepare them for environmental health educational efforts with farmworker families.

There are specific activities and resources included in the curriculum that can be used to educate farmworker families. These activities and resources are marked with the following symbol for easy identification.



The curriculum is organized into the following seven modules:

- Module 1: Let's Begin
- Module 2: Becoming a Trainer
- Module 3: Unique Vulnerability of Children
- Module 4: Prevent and Reduce Exposures
- Module 5: Community Support and Collaboration
- Module 6: Conclusion and Evaluation

Each module begins with a menu of key information for planning lessons and activities included in the module. These menus list the time, objectives, method of instruction, supplies, set-up requirements, and participant materials necessary for implementing the module. Additionally, each module includes an overview of individual activities, as well as suggested times and instructional steps for facilitating the activities.

APPROACH

The curriculum is guided by principles of adult learning and the Training-of-Trainer model. As such, it encourages active participation and dialogue, is relevant to and builds upon participants' years of experience, provides practical applications, and creates opportunities for collaboration.

The curriculum includes:

- Whole group discussion
- Small group work
- Hands-on activities
- Demonstrations
- Facilitator instruction
- Hands-on practice in pairs
- Participant sharing

TRAINING SCHEDULE-AT-A-GLANCE

The following is a training schedule for the complete curriculum. It is recommended to provide short breaks every 2-2.5 hours. Facilitators can adapt the curriculum and timeframe to their particular audience. If you need assistance creating a customized agenda to meet your time and audience requirements please contact Health Outreach Partners at 510-268-0091.

Sample Training-of-Trainers Schedule

Modules	Estimated Time
1 Let's Begin	25 min.
2 Icebreaker	20 min.
3 Becoming a Trainer	35 min.
4 Unique Vulnerability of Children	50 min.
5 Prevent and Reduce Exposures	1 hr.
6 Community Support and Collaboration	45 min.
7 Conclusion and Evaluation	15 min.

Entire length of training 4 hr. 20 minutes

