

COURSE OUTLINE
EDUC-140
Child Health, Safety, and Nutrition
3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will examine the health, safety, and nutritional needs of children, ages 2 - 6 years, in the childcare setting. Attention will be directed to the study of common childhood illnesses, chronic conditions, prevention through personal hygiene, good safety practices, and nutritious snacks and meals as they impact on the childcare setting. (3 hours weekly)

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Assess a child's health status through a health inspection.
2. Recognize potential chronic child health problems and discuss their impact on overall health.
3. Identify the symptoms and means of transmission of communicable diseases affecting children.
4. Provide a safe, healthful environment for the child care setting through application of good safety and hygiene practices.
5. Identify common childhood accidents and injuries, and assess for first aid procedures needed.
6. Identify the signs and symptoms of child abuse, and prepare appropriate reports.
7. Describe the nutritional needs of the preschool child, and plan snacks and meals to meet those needs.
8. Inspect classroom health records including health appraisal, immunization record, and emergency card for compliance with regulations.
9. Maintain accident report and medication records.
10. Apply knowledge of community resources to address the specific health needs and problems of children.

Major Topics

- I. Overview of Child Health
 - A. Components of Good Health for Children
 - B. Growth and Development
- II. Nutrition
 - A. Basic Four Food Groups
 - B. Nutritional Requirements of Preschool Child
 - C. Meal and Snack Planning
 - D. Good Eating Habits
 - E. Feeding Problems
- III. Health Inspections and Appraisals
 - A. Health History
 - B. Observations and Inspections
 - C. Screening Tools
- IV. Health Issues
 - A. Chronic Health Problems
 - B. Acute and Communicable Diseases
 - C. Immunization and Records
 - D. Common Childhood Illness
- V. Safety
 - A. Outdoor and Playground
 - B. Transportation
 - C. Fire Safety
 - D. Indoor and Classroom
- VI. Child Abuse and Neglect
 - A. Signs and Symptoms
 - B. The Law and Reporting Procedures
- VII. First Aid
 - A. Supplies
 - B. Accident Reports
 - C. Common Emergencies and Procedures

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

1. Exams
2. Projects
3. Speaker Evaluation
4. Health Presentation

Other Course Information

Meets college definition for Arts and Sciences Elective. This course is required for the Certificate of Proficiency and AAS Degrees in Early Childhood Education.