

Child Development 110

Child Health, Safety, and Nutrition

3 units; 3 hours lecture

Recommended Preparation: English 1 or eligibility for English 1A or qualification by appropriate assessment.

Degree applicable Transfer CSU

This course is an introduction to the laws, regulations, standards, policies, procedures, and curriculum related to child health, safety, and nutrition in early childhood education. The key components that ensure physical health, mental health, and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Topics include indoor and outdoor safety, chronic and acute illnesses, accident prevention, health screening, disaster planning, nutrition, contagious diseases, and identifying and working with children with special needs. Students will focus on integrating these concepts into everyday planning and program development throughout the curriculum for infants, toddlers, and preschool children. Students will develop and present health and safety education curriculum appropriate for children, staff, and parents.

Course Objectives:

1. Describe how environmental and prenatal factors affect the growth and development of the child.
 - Presentation
2. Describe policies and procedures required to maintain a healthy and safe physical and mental environment for children and staff.
 - Term or other papers
3. Review laws and regulations, such as Title 22, Title 5 and local Fire Code which support health, safety, and nutrition in children's programs.
 - Term or other papers
4. Compare and contrast various health assessment tools and policies.
 - Term or other papers
5. Differentiate the nutritional needs of various ages of children and plan economical and nutritional meals and snacks based on the individual needs of children.
 - Presentation
6. Recognize common acute illnesses and determine appropriate treatment and referral.
 - Term or other papers
7. Identify signs of child abuse and determine appropriate steps to take in the legal referral process.
 - Term or other papers
8. Identify common chronic health conditions and determine the impact of each on the child, the family, and the school program.
 - Term or other papers
9. Describe the most common childhood accidents in child care programs and utilize safety guidelines for indoor and outdoor safety.
 - Term or other papers
10. Identify characteristics of children with special needs and determine the possibilities and procedures for inclusion.
 - Term or other papers
11. Evaluate indoor and outdoor environmental safety risks for infants, toddlers, preschool age children and staff.

- Term or other papers
- 12. Distinguish aspects of quality in programs for young children as related to health and safety, and outline the value of collaboration with families and the community.
 - Term or other papers
- 13. Develop comprehensive emergency plans for infant/toddlers and preschool school environments including mechanisms for keeping staff safe.
 - Term or other papers
- 14. Develop and present age-appropriate educational programs relating to health, safety, or nutritional issues for young children, staff, and parents.
 - Presentation
- 15. Research current health issues related to children and families.
 - Term or other papers

Student Learning Outcomes (SLO):

1. Health Risks
Identify health, safety, and environmental risks in children's programs.
2. Regulations
Evaluate regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families.
3. Nutritional Needs
Identify the nutritional needs of children at various ages and plan activities that focus on healthy development and nutrition.

ADA Statement:

El Camino College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Special Resource Center. To make arrangements for academic accommodations, contact the Special Resource Center.

Student Code of Conduct

<https://www.elcamino.edu/administration/board/2019-policies/AP%205500%20Student%20Conduct%20.pdf>

Student Rights and Grievances Procedure 5530

<https://www.elcamino.edu/administration/board/boarddocs/AP%205530%20STUDENT%20%20RIGHTS%20AND%20GRIEVANCES.pdf>