Child Safety, Health & Nutrition
Common Course Outline

Course Information
Organization: South Central College
Revision History: 2008-2009
Course Number: CDEV1220
Department: Child Development Careers
Total Credits: 4

Description
This course will guide the student in obtaining skills needed to establish and maintain a physically and psychologically safe and healthy learning environment for young children. Topics include preventing illness and accidents, handling emergencies, providing health, safety, and nutrition educational experiences, meeting children's basic nutritional needs, child abuse, and current health-related issues. This course does NOT include CPR or first aid certification.

Types of Instruction

<table>
<thead>
<tr>
<th>Instruction Type</th>
<th>Contact Hours</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Lecture</td>
<td>64</td>
<td>4</td>
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</table>

Prerequisites

None

Exit Learning Outcomes

Core Abilities
A. Communication
B. Critical Thinking
C. Global Citizenship
D. Professionalism
E. Technological Literacy

Competencies

1. Describe a holistic approach to safety health & nutrition of children
   Learning Objectives
   a. Identify risk reduction strategies
   b. Describe elements of a healthy environment
   c. Recognize the importance of supportive relationships with adults and peers

2. Examine safety practices
   Learning Objectives
   a. Examine safety policies for emergencies
   b. Describe basic safety policies and practices
   c. Identify personal, professional, and program risk levels
   d. Demonstrate awareness of security procedures (to prevent missing, abandoned, abducted
3. **Analyze indoor environments for safety**
   **Learning Objectives**
   a. Examine indoor safety environments
   b. Acquaint self with safe toys & equipment
   c. Demonstrate knowledge of choking/suffocation safety procedures
   d. Demonstrate knowledge of poison safety procedures

4. **Examine outdoor safety**
   **Learning Objectives**
   a. Examine outdoor environments for safety
   b. Demonstrate knowledge about playground safety
   c. Demonstrate traffic/transportation safety procedures

5. **Explore emergency response procedures**
   **Learning Objectives**
   a. Explore basic first aid procedures
   b. Demonstrate knowledge about accident and injury procedures
   c. Demonstrate emergency procedures (fire, tornado, flood, earthquake, etc.)
   d. Demonstrate fire/burn safety procedures

6. **Examine basic nutrition**
   **Learning Objectives**
   a. Describe basic nutrition guidelines
   b. Explore nutrients
   c. Interpret nutritional facts on a label

7. **Identify ways to protect good nutrition**
   **Learning Objectives**
   a. Identify risk factors of poor nutrition
   b. Demonstrate nutrition assessment procedures
   c. Discuss the importance of physical activity for children
   d. Examine food allergies

8. **Explore how to provide good Nutrition**
   **Learning Objectives**
   a. Demonstrate age appropriate feeding procedures
   b. Demonstrate nutrition learning experiences

9. **Demonstrate menu planning & food safety**
   **Learning Objectives**
   a. Examine subsidized food programs
   b. Demonstrate meal planning
   c. Explore food safety

10. **Examine promoting good health**
    **Learning Objectives**
    a. Examine health policies
    b. Recognize protective factors, resilience, and the development of mental health
    c. Recognize developmental consequences of stress and trauma
    d. Demonstrate stress reduction/management techniques
11. Discover tools for promoting good health
   Learning Objectives
   a. Demonstrate appropriate health appraisal procedures
   b. Describe observation procedures

12. Examine illnesses prevention
   Learning Objectives
   a. Demonstrate hand-washing procedures
   b. Demonstrate diapering procedure
   c. Demonstrate toileting procedures
   d. Demonstrate sanitation procedures
   e. Demonstrate health and hygiene learning experiences
   f. Demonstrate contaminated materials handling procedures

13. Investigate supportive health care
   Learning Objectives
   a. Describe procedures regarding childhood illnesses and communicable diseases
   b. Identify childhood illnesses and communicable diseases
   c. Demonstrate illness assessment
   d. Examine exclusion policies and procedures

14. Examine child maltreatment
   Learning Objectives
   a. Define child abuse and neglect
   b. Identify risk factors of abuse and neglect
   c. Describe current extent of child abuse and neglect
   d. Identify physical indicators of child neglect
   e. Identify behavioral indicators of child neglect
   f. Identify physical indicators of physical abuse
   g. Identify behavioral indicators of physical abuse
   h. Identify environmental indicators of physical abuse
   i. Identify behavioral indicators of emotional distress/abuse
   j. Identify environmental indicators of emotional distress/abuse
   k. Identify behavioral indicators of sexual abuse
   l. Identify environmental indicators of sexual abuse
   m. Identify physical indicators of sexual abuse
   n. Examine abuse and neglect prevention methods
   o. Demonstrate mandated reporting procedures
   p. Describe investigation procedures
   q. Recognize bias in abuse reporting

15. Recognize requirements for children with special needs
    Learning Objectives
    a. Recognize the rights of children with disabilities
    b. Examine how to support children in an inclusive setting

16. Identify community linkages
    Learning Objectives
    a. Identify community health resources
b. Identify social service resources

c. Identify referral process