

HLTH-1400: CHILDHOOD HEALTH, SAFETY, AND NUTRITION

Cuyahoga Community College

Viewing: HLTH-1400 : Childhood Health, Safety, and Nutrition

Board of Trustees:

2007-05-24

Academic Term:

2007-08-25

Subject Code

HLTH - Health

Course Number:

1400

Title:

Childhood Health, Safety, and Nutrition

Catalog Description:

Focuses on nutrition, health, and safety needs of infants and young children. Training provided in communicable disease recognition, prevention and management, first aid, infant/child CPR, and child abuse recognition and prevention, as required by the Ohio Day Care Licensing Rules. Nutritional requirements of infants and young children, meal planning and menu evaluation, principles of hygiene and safety in storage, preparation and serving of food are addressed. Positive health practices emphasized as integral elements in nurturing a child's total development.

Credit Hour(s):

3

Lecture Hour(s):

3

Lab Hour(s):

0

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Recognize the interplay of all dimensions of health that affect the environment the child care provider creates for an infant, toddler and preschooler.

Course Outcome(s):

Demonstrate appropriate first aid skills for children.

Course Outcome(s):

Demonstrate certifiable skills in cardiopulmonary resuscitation for infants and young children.

Course Outcome(s):

Qualify for a Certificate of Training in Child Abuse Recognition issued by the State of Ohio

Course Outcome(s):

Recognize indications which suggest a child has been abused or neglected.

Course Outcome(s):

Explain how reports of suspected child abuse or neglect are investigated and handled.

Course Outcome(s):

Describe measures to help prevent child abuse and neglect.

Course Outcome(s):

Develop nutritionally sound menus for infants, toddlers, and preschool age children

Course Outcome(s):

Examine the nutritional needs of infants, toddlers and preschooler using federal government requirements and age-appropriate nutritional guidelines.

Course Outcome(s):

Identify the basic macro- and micro- nutrients critical for healthy development in infants, toddlers and preschool children.

Course Outcome(s):

Describe how the Dietary Guidelines for America, the MyPyramid Food Guidance System and Daily Recommended intake are to be used for infants and young children.

Course Outcome(s):

Explain the importance of protecting and promoting the health and safety of children, citing sources for accurate and reliable information.

Course Outcome(s):

Using the MyPyramid Food Guidance system develop menus for infants, toddlers and preschoolers

Course Outcome(s):

Explore the role of economics and cultural sensitive in the development of a healthy menus.

Course Outcome(s):

Utilize the principles of sanitation while storing, preparing and serving nutritional meals.

Course Outcome(s):

Create an environment and use strategies that encourage children to develop positive attitudes toward food and nutrition.

Course Outcome(s):

Describe general and specific measures to help keep young children safe and healthy.

Course Outcome(s):

Discuss Ohio Day Care Licensing Rules concerning children's health, safety and protection.

Course Outcome(s):

Observe a child care center with focus on healthy routines and environment.

Course Outcome(s):

Inspect their home/apartment for safety hazards and describe necessary alterations that would need to be made before it could be used as a child care center.

Course Outcome(s):

Qualify for Certificates of Training in Communicable Disease and First Aid issued by the State of Ohio and for Infant and Child CPR certification from either the American Red Cross or the American Heart Association.

Course Outcome(s):

Identify indications of common childhood illness and injuries.

Course Outcome(s):

Describe the appropriate actions for child care personnel to take in the investigation and management of a child's illness.

Methods of Evaluation:

1. Examinations/quizzes
2. Notebook/journals
3. Practical examinations
4. Written and oral presentations
5. Class projects
6. Class participation
7. Web assignments

Course Content Outline:

1. State of Ohio regulations concerning licensure of day care centers
2. Health needs
 - a. Health and overall development
 - b. Daily routines
 - c. Health appraisal
 - d. Immunizations
3. Health environments
 - a. How communicable diseases are spread
 - b. Infection control
4. Management of the ill child
 - a. Early sign and symptoms of illness
 - b. Assessment
 - c. Care/isolation/discharge of child
 - d. Notification of parents/guardian
 - e. Notification of local health department
 - f. Parental responsibilities
5. Common illness of children in day care
 - a. Chronic illness
 - b. Communicable illnesses
6. Child day care policies
 - a. Medical and dental emergency plans
 - b. Management of communicable disease
 - c. Child's health record
 - d. Administration of medication
 - e. Employee health records
7. First aid management guidelines
 - a. Assessment
 - b. Preparing for emergencies
 - c. First aid supplies
 - d. Precautions for the rescuer
8. Safe environments

- a. Injury prevention
- b. Reporting injuries
- c. Keeping records
9. Recognition and management of injuries and sudden illness
 - a. Respiratory distress including choking rescue
 - b. Cardiopulmonary resuscitation
 - c. Shock
 - d. Anaphylaxis
 - e. Wounds, bleeding, bites
 - f. Musculoskeletal injuries
 - g. Head and neck injuries
 - h. Dental emergencies
 - i. Burns, frostbite, exposure to severe cold
 - j. Poisoning
 - k. Convulsions
 - l. Diabetic emergencies
 - m. Alteration or loss of consciousness
10. Child abuse and neglect
 - a. Definitions
 - b. Children at risk
11. Indications of child abuse, neglect
 - a. Physical
 - b. Behavioral
 - c. Characteristics of those who abuse and neglect
12. Reporting suspected child abuse and neglect
 - a. Responsibilities
 - b. Reporting procedure
 - c. Confidentiality
13. Investigation of reports
 - a. Role of the public services agency
 - b. Role of the courts
14. Services and treatment for families with abuse and neglect problems
15. Prevention of abuse and neglect
 - a. In the community
 - b. In early childhood programs
16. Nutritional guidelines
 - a. Recommended daily dietary allowances
 - b. Dietary guidelines for Americans
 - c. Food guide pyramid
 - d. Nutrition labels
17. Infants and young children's bodies use of nutrients
 - a. Nutrients that are sources of energy
 - b. Nutrients that are needed for growth and maintenance of body tissue
 - c. Nutrients necessary for regulation of body processes
18. Infant feeding
 - a. Nutritional needs of infants
 - b. The caregiver and the breastfeeding mother
 - c. The caregiver and the formula-fed infant
 - d. Sanitation concerns of infant formula preparation
 - e. Introduction of semi-solid food to the young child
19. Feeding the toddler and preschool child
 - a. Recommended foods and quantity
 - b. Challenges of feeding a toddler
 - c. Guidelines for feeding the preschooler
 - d. Good eating habits
 - e. Health problems relating to eating habits
20. Planning and serving nutritious meals

- a. Meeting the nutritional needs of children and funding and/or licensing requirements
 - b. Cultural considerations
 - c. Steps in menu planning
 - d. Writing menus
 - e. Serving meals
21. Food safety and economy
- a. Sanitation
 - b. Food borne illnesses
 - c. Budget concerns
22. Nutrition education concepts and activities
- a. Basic concepts of nutrition education for young children
 - b. Responsibility for nutrition education
 - c. Parental involvement in nutrition education
 - d. Planning a nutrition education program
 - e. Developing activity plans for nutrition activities

Resources

American National Red Cross. *ARC First Aid/CPR/AED Booklet*. 1st. Yardley, PA: Staywell Red Cross Strategic Business Alliance, 2003.

American Public Health Association and American Academy of Pediatrics. *Caring For Our Children: National Health Safety Performance Standards, Guidelines and Out-of-Home Child Care Programs*. 2nd. APHA and AAP, 2002.

Duyff, Roberta, Susan Giarrantano, and Mary Zuzich. *Nutrition, Health and Safety for Preschool Children*. 2nd ed. New York: McGraw-Hill, 2000.

Marotz, L., M. Cross, and J. Rush. *Health, Safety and Nutrition for the Young Child*. 6th. Clifton Pk, NY: Thompson/Delmar Pub, 2005.

Aronson, Susan. *Healthy Young Children: A Manual for Programs*. 4th. National Association for the Education of Young Children, 2002.

Ohio Department of Jobs and Family Services, Office for Children and Families. *Child Abuse and Neglect*. 2nd. Columbus, OH Ohio Department of Jobs Family Sevices, 2005.

Ohio Department of Jobs and Family Services. *Child Care Center Rules and Child Care Licensing Forms*. Revised. State of Ohio, 2003.

Satter, E. *Child of Mine: Feeding, Love and Good Sense*. 2nd. Boulder, CO: Bull Publishing, 2000.

Robertson, Cathie. *Safety, Nutrition, and Health in Early Education*. 3rd. Clifton Park, NY: Thomson Delmar Learning, 2007.

Evers, Connie Liakos. *How To Teach Nutrition to Kids*. 3rd. Portland, OR: 24 Carrot Pr, 2003.

Donowitz, Leigh Grossman, ed. *Infection Control in the Child Care Center and Preschool*. 6th. Lippincott, Williams and Wilkens, 2003.

Gonzalez, C and Alcaniz A. *Gordito Doesn't Mean Healthy: What Every latina Mother Needs to Know to Raise Happy, Healthy Kids*. 1st. New York: Penquin Group, 2006.

Fontes, Lisa A. *Child Abuse and Culture*. 1st. New York: Guilford Press, 2005.

Zydlo, S. and J. A. Hill ed. *American Medical Association Handbook of First Aid and Emergency Care*. 2nd rev. New York: Random House, 2000.

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