Los Angeles Mission College Child Development 10 #0170 – Health, Safety and Nutrition Fall 2013

Instructor: Ms. Dorothy Nasatir

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(818) 9921710

STUDENT VISITING HOURS: I am available to meet with students the following hours:

Monday's:8 to 8:45 am

Office Location: Los Angeles Mission College Center for Child Development Studies

Adjunct Office

Required Text and Materials

Healthy Young Children – Susan Aronson, NAEYC 2002

Catalog Course Description

Study the laws, regulations, standards, policies, procedures and early childhood curriculum related to child health, safety and nutrition. The focus will be on planning and program development for all children. First Aid and CPR certificates will be earned.

Course Objectives

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

- 1. Examine environmental health and safety risks for children in programs.
- 2. Differentiate the characteristics of abuse and demonstrate knowledge of mandated child abuse reporting procedures.
- Compare and distinguish common health and safety issues in early childhood settings.
- 4. Distinguish relationships between health and nutrition.
- 5. Analyze the nutritional needs of children at various ages and plan economical and nutritional meals and snacks based on the individual needs of children.
- 6. Compare and contrast various health assessment tools and policies.
- 7. Identify symptoms of common communicable diseases and other health conditions that affect young children.
- 8. Examine current health issues related to children and families.
- Relate the value of collaboration with families and health professionals.
- 10. Evaluate laws and regulations (e.g., Title 22, Title 5, Fire Code) supporting health, safety, and nutrition in children's programs.
- 11. Design effective strategies for evaluating health and safety policies and procedures.
- 12. Recognize a caregiver's role and responsibility to model good health, safety and nutrition habits.
- 13. Plan developmentally appropriate early childhood curriculum on the topics of health, safety, and nutrition for families and all children.

14. Demonstrate completion of California Certification in Infant/Child CPR and First Aid.

Student Learning Outcomes		College GE SLO	Assessment Method	
1.	Students will identify and describe biological and environmental factors affecting children's healthy growth and development.	Information Competency Global Awareness	1. Assess Environments/ Construct Menus	
2.	Students will demonstrate knowledge and skills of first aid procedures and Cardiovascular Resuscitation.	 Problem Solving Written and Oral Communication 	Written Examinat And Demonstration Compilation of Directory of committees (Compiled to the Compiled to the Co	
3.	Students will identify common childhood illness and protocols for recommended care in the instructional environment.		Written presentat On specific illnes	

Assignments & Grading:

Current Events--Find three articles (or more) on subjects related to SD 10 that affects families and children. Read the article thoroughly. Summarize your findings and describe what you learned in the article, and how the subject affects children.

First Aid Kit--Create a personal First Aid Kit. Use a portable plastic container. Fill the container with a variety of first aid materials. A complete list of materials will be distributed to students enrolled in the course. The First Aid Kit will also contain emergency contact information as well as emergency phone numbers. Students are expected to create a First Aid Kit that is well organized and well stocked. A list of supplies is in this syllabus

Weekly Menu/Meal Plan--Create a sample weekly menu for a children's classroom environment and should include detailed daily meal & snack information.. Remember recommended portion sizes for children as well as possible allergens. Also include healthy meals at home Please visit www.myplate.gov for more information on healthy meal recommendations for children.

Site Safety/Health Checklist--Each student will visit an accredited licensed facility that provides programs for groups of young children. Carefully observe the classroom environment. Make notes and comments about the classroom environment. As related to safety.

Disease /Illness Report--Each student will choose a disease or Illness to research. Students will use the internet to gather information as well as resources which provide information on the disease or condition. Describe the following: Characteristics, Signs & Symptoms, How it spreads, Treatments, Implications for a child affected by this disease or illness. Use reliable sources to gather your information.

Example: www.cdc.gov

Collaborative Projects--Students will choose 4-5 others to form a small group. They will then choose a topic Examples: Dental Care, Fire and Water Safety, Child Abuse and Neglect, Healthy Eating, Safe Playgrounds and home areas, and any other topic relevant to CD10. The activity should be developmentally appropriate for preschool age children. (from 2 to 6) Students are required to write a two or more page informational paper, a summary of the activity for each class member as well as create a visual aid demonstrating the activity. Points will be earned through collaborative group work as well as careful attention to preparing a developmentally appropriate activity.

Reflective Writing--A reflective question will be given at the beginning of each class session. Each week during the first 15 minutes of class each student will write a brief reflective essay. The essay will allow students to reflect on the class session from the previous week, or other covered CD10 topis.. Reflective essays may only be submitted within the first fifteen minutes of class. Credit will be given based upon thoughtful reflection of the question given as well as ontime submittal.

Exams There will be two take home mid- exams and 1 final in class

ParticipationThis includes attendance (entire class period) and participation in small and							
large group discussions. If you cannot attend class for any reason, it is important that you notify the instructor, then follow up with missed class material from another student.							
Current Events:	/50						
First Aid Kit:	/100						
Week Menu/Meal Plan:	/50						
Site Safetv/Health Checklist:	/50						

Disease/Illness Report		/50
Group Projects:		/100
Weekly Reflective Writing:		/100
Examinations		/100
Participaion		/100
Extra Credit: Upon Instructors Discret	tion Total	700

Grading Scale:

A - 650-700

B - 600-649

C - 550-599

D - 500- 549

F- below 500

Class Schedule

Week:	Topic:	Assignment:
8/26	Welcome & Introduction to the class	
9/2	NO CLASSLABOR DAY	
9/9	Infectious Diseases,(Sources & Treatment)	Caring for the Sick Child
9/16		
9/23		
9/30		
10/7		
10/14		
10/21		
10/28		
11/4		
11/18		
11/25/		
12/2		
12/9 Final		

Please Note: The course outline is a guide for the semester, but ,may have revisions due to availability of guest speakers

Attendance....

Please make sure you arrive to class on time and stay until the end of class. Attendance is very important since we have guest speakers and small and large discussions, and videos.

Cell phones and iPods:

Please put your cell phone on silent mode while in class
Text messaging: check and answer your messages during the break
Use of iPods during class is not appropriate. Please use laptop computers for coursework only.

Students with special needs:

Any student that needs special considerations due to a disability is asked to identify their need to the instructor in private by the first day of class. Special accommodations may be arranged but the instructor must be notified by the student in advance.

Student Visiting Hours: I am available to meet with students the following hours:

Monday from 8 to 8:45am

Office Location: Los Angeles Mission College Center for Child Development Studies 0 I look forward to your visit!

Emergencies:

In case you have a serious emergency and cannot attend class due to that emergency, please contact the instructor as soon as possible.

Class Requirements:

Detailed Assignment information and guidelines will be given in class.

- -All assignments must be typed and printed in black ink on one page only, and double spaced..
- -Please notify your instructor as soon as possible if you do not have access to a computer/printer.
- -Having trouble with assignments? Need a little help with English? Please visit the Child Development Student Resource Center, this building # 200.
- -Class assignments should be submitted in class on the due date.-Late assignments are subject to a point deduction
- Discuss plan to Email your assignment to the instructor as an attachment .

I look forward to working with you

First Aid Kit

nclude a cover sheet with the following information: Student Name:				
Poison Control Phone Number:				
Emergency Assistance Phone Number:				
Medications: Describe				
Allergies: Describe				
Special Needs: Describe				
Include the following items in your First Aid Kit: ——Flashlight ——Batteries ——Tweezers ——Scissors ——Safety pins ——Paper and writing utensil ——Adhesive strip bandages (1/2 inch, ¾ inch, 1 inch strips) ——Gauze bandages (4x4 nonstick, sterile) ——Rolled flexible or stretch gauze ——Bandage tape ——Nonstick sterile pads (different sizes) ——Triangular bandage ——Small splints ——Eye dressing or pad ——Disposable gloves in a plastic bag ——Change for pay phone in a small plastic bag				
Commercial cold pack or plastic bag for ice cubes Clean cloth Soap Small plastic cup Sealed packages of cleansing wipes Antibiotic ointment				

Emergency Telephone List – (Complete and include this list in your First Aid Kit)

EMERGENCY NUMBERS (include area code Emergency Medical Systems (EMS)	Rape Crisis Center							
Poison Control CenterSuicide	Battered Women's Shelter							
PoliceSuicide	Prevention Hotline							
FireGas Co								
HospitalNearest	Heating Equip							
Emergency Facility	Electric Co							
Local Health Department								
PlumberState								
Depart								
Health								
TaxiChild								
Abuse								
ReportingI	Parents Anonymous							
PROGRAM INFORMATION	•							
This telephone is located at								
Telephone number								
Directions for reaching this location from a m	ajor road:							
ALWAYS PROVIDE THIS INFORMATION IN 1. Name	I AN EMERGENCY:							
2. Nature of emergency								
3. Telephone number								
4. Address								
5. Easy directions								
6. Exact location of injured person(s)								
7. Number and age(s) of person(s) involved								
1. Number and age(5) or person(5) involved								

10. Ways to make it easier to find the building (e.g., a staff member standing out front)

DO NOT HANG UP BEFORE THE OTHER PERSON HANGS UP!

8. Condition(s) of person(s) involved

Optional Information: 9.Help already given