Los Angeles Mission College

Child Development 10 – HEALTH, SAFETY and NUTRITION - Section # 0175

Spring 2013– Monday - 9:00 am – 12:10 pm

Instructor's Name: **Dorothy Nasatir**

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Office Location: **Center for Child Development Studies – Office**

Office Hours: **Monday 8:15 am, and by appointment.**

REQUIRED TEXTS AND MATERIALS:

1. American Red Cross. California Child Care Health and Safety Training Program. 2002.
2. American Red Cross. First Aid in the Workplace.
3. Nasatir, Dorothy Collection of Handouts

CATALOG COURSE DESCRIPTION: (3 units)

Study of 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.
3. 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.
9. 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. Recognize a caregiver's role and responsibility to model good health, safety and nutrition habits.Plan developmentally appropriate early childhood curriculum on the topics of health, safety, and nutrition for families and all children.
12. 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. 2. Students will demonstrate knowledge and skills of first aid procedures and Cardiovascular Resuscitation. 3. Students will identify common childhood illness and protocols for recommended care in the instructional environment.	4. Information Competency (1) 5. Global Awareness (7) 6. Problem Solving (3) 7. Written and Oral Communication (1)	1. Assess Environments/Construct Menus. 2. Written Examination and Demonstration 3. Compilation of directory of common illnesses/Oral & Written Presentation on specific illness.

REQUIRED ASSIGNMENTS:

All assignments must be typed, or written in ink, on one page only:

Two take home mid-terms

You are required to answer 10 to 12 questions in essay form on each exam.

Final Exam

Answer 10 to 12 questions based on all the information from the semesters classes

Three current events

(Extra credit) A summary of information related to CD10 from a magazine article, T.V. program or from the computer

It must be on current research, from the Young Children's Parents

It should include the following three sections:

A brief summary

What you learned

Your opinion about the subject.

First Aid Kit

- Required materials in appropriate container – First Aid Kit Checklist
- Complete and include Emergency telephone List (page 6)
- Organized---easy to access

4.

Two Assignments (Take home) Each assigned question representing half the class time, answered in short essay style. Must be printed on computer, or written in ink on one side of the paper.

Disease/Illness

- Select an illness/disease you would like to research from the list.
- Use the Internet or the library to research the illness/disease to prepare a written paper describing characteristics, signs & symptoms, treatment, how it spreads and implications for the child.
- Written one page summary

First Aid and CPR Exam – In Class

American Red Cross – Multiple choice Exam

Attendance and Participation: Attendance is essential to attain information only presented in the classroom. It is required that you come to class at 6:50 and attend the whole class, until the end. **Coming to class late and leaving early is not considered full class participation.** If you cannot attend class for any reason, it is important that you notify me in advance. Class participation is also very important and will influence your grade. It is your responsibility to drop a class, if you are no longer attending the class. Get the name, telephone number; e-mail address of one of the student's to get an update of what you have missed, in case you have to miss a class due to unavoidable circumstances.

Incomplete Grade

Incomplete grades will be issued at the end of the semester for those students who encounter a personal emergency, family crisis, illness, and other special circumstance. Also the students must at least have completed 75% of class. Incomplete work needs to be turned in before one year. If not turned in within one year a grade will be given for that class.

Extra Credit:

Attendance of Conferences and Workshops. A written report of what you learned must be submitted.

EVALUATION:

The assignments listed are mandatory. Extra credit work, doing extra questions on the exam, plus more current events will add weight to your final grade

GRADING

Assignments	100 points	500 400 A
Exams	100 points	400 300 B
Diseases	50 points	300 200 C
CPR/R.C	50 points	
Participation and Attendance		
Current Events..Extra credit..	200 points	
Total Possible	**500 points**	

STUDENTS WITH SPECIAL NEEDS:

If you have any health impairments that require medication, or any other disability that might affect your performance in class, and would like your teacher to make special accommodations, please call our campus DSPS Office at 818-364-7734 as soon as possible. He will help you arrange special accommodations for your classes.

CELL PHONES:

Please turn your electrical equipment off and cell phone on to silent mode.

TEACHING STYLE:

Class will consist of lectures, films, videos, small and large group discussions, expert guest lecturers

	DATE	TOPIC	ASSIGNMENTS
1	February 4	Introduction	
2	February 11	*First Aid , Threatening Emergencies	**CHAPTERS 5 & 6**
3	February 18	**No Class....President's Day**	
4	February 25	*First Aid	" "
5	March 4	*First Aid	
6	March 11	*First Aid and CPR	**Assessing Childhood Behavior PACKET** **R.C. test for First Aid, Dental Care**
7	March 18	*CPR	"
"	"		
8	March 25	CPR	**First Aid Kit Due** " "
9	April 1	**No Class.....Cesar Chavez Day**	**Spring Break**
10	April 8	Childhood Stresses/ Positive Discipline	**Assignment I Due** **PACKET**
11	April 15	Abuse/Neglect	**Guest Speaker** **1st Mid-term Handed Out PACKET**
12	April 22	Diseases (Source, Treatment) Caring for Ill Child	ARC 14,17,18 19
13	April 29	Childhood Sexuality Emergences	1st Mid-term Due Packet
14	May 6	Children With Special Needs	**Guest Speaker** **Assignment 2 Due** **2nd Mid-term Handed Out**
15	May 13	Nutrition, Vitamins, Meal Planning, Dieting	PACKET
16	May 20	Happy, Healthy, Economic Meals Child's needs	**2nd Mid-term Due** **Packet**
17	May 27	**NO SCHOOL.....MEMORIAL DAY**	
18	June 3	Meal Planning Lab	**Final** **All Papers Due**

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

EMERGENCY NUMBERS (include area codes)

Emergency Medical Systems (EMS) _____Rape Crisis Center _____
Poison Control Center _____Battered Women's Shelter_____
Police _____Suicide Prevention Hotline_____
Fire _____Gas Co_____
Hospital_____ Heating Equip Ser_____Nearest Emergency Facility_____ Electric Co_____
Local Health Department_____ Plumber_____State Depart Health____ Taxi_____Child Abuse Reporting_____ Parents Anonymous____

PROGRAM INFORMATION This telephone is located at _____
Telephone number_____

Directions for reaching this location from a major road:
_____
_____
_____

ALWAYS PROVIDE THIS INFORMATION IN AN EMERGENCY:

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

Optional Information:

9. Help already given
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!

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FIRST AID KIT

This kit belongs to _____.

Cover Sheet:

Poison Control Phone # Yes No
Emergency Assistance Phone # Yes No
Medications Explain:_____

Special Needs Explain: _____

Flashlight Yes No _____
Batteries Yes No _____
Tweezers Yes No _____
Scissors Yes No _____
Safety pins Yes No _____
Paper and writing utensil Yes No _____
Adhesive strip bandages (1/2-inch, ¾-inch, 1-inch strips) Yes No _____
Gauze bandages (4x4 nonstick, sterile) Yes No _____
Rolled flexible or stretch gauze Yes No _____
Bandage tape Yes No _____
Nonstick sterile pads (different sizes) Yes No _____
Triangular bandage Yes No _____
Small splints Yes No _____
Eye dressing or pad Yes No _____
Disposable gloves (in plastic bag) Yes No _____
Change for pay phone Yes No _____
Commercial cold pack or plastic bag for ice cubes Yes No _____
Clean cloth Yes No _____
Soap Yes No _____
Small plastic cup Yes No _____
Sealed packages of cleansing wipes Yes No _____
Other
_____

Item easy to find) Yes No _____

Comments:_____

Name_____Date_____

Assignments are due on or before these dates

1. March 26 First Aid Kit
2. April 8 Assignment 1
3. April 22 Illness Paper
4. April 30 Mid-term 1
5. May 6 Assignment 2
6. May 20 Mid-term 2
7. June 3 Final

Current Events are to be given orally or written at any time

If you have any questions, concerns or did not understand any contents of the material please make an appointment to meet with me. I can give you my full attention when I can set aside time.