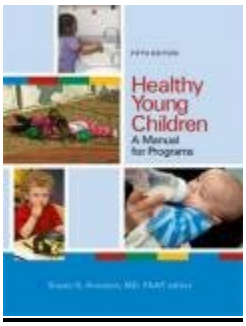
Los Angeles Mission College
Child Development 10 – Health, Safety and Nutrition
Taught Bilingually: English & Spanish
Fall 2014 - Section # 3080 / Wednesday's 3:30pm – 6:40pm

Instructor: Patricia Rodriguez
Contact Information: rodrigps@lamission.edu
818-364-7670

Student Visiting Hours: I am available to meet with students the following hours:
Monday's: 2:00-3:00pm
Tuesday's: 3:00-6:35pm
Wednesday's: 2:00-3:30pm
Office Location: LAMC Center for Child Development Studies Office #210

Required Text and Materials

Healthy Young Children – Susan Aronson, NAEYC 2012



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.

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.

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:

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.

College GE SLO

1. Information Competency
7. Global Awareness
3. Problem Solving
1. Written and Oral Communication

Assessment Method

1. Assess Environments/Construct Menus
2. Written Examination And Demonstration
3. Compilation of Directory of Common Illness/Oral & Written Presentation on specific illness

Helpful Online Resources:
www.lamission.edu/childdevelopment
www.lamission.edu/library
www.lamission.edu/learningcenter
www.naeyc.org
www.cdc/childdevelopment.org
www.myplate.gov

Important Dates to Remember:

- ✓ September 12, 2014: Deadline to add full term classes (16 week) in person
- ✓ September 14, 2014: Deadline to drop classes without receiving a "W" with refund
- ✓ November 23, 2104: Drop classes with a "W"

Reminder: There is a new LACCD enrollment limit. The limit is now three times to take a class and includes substandard grades and withdrawals.

Article Reports-
Find two articles on a disease, illness or condition that affects children. Each article must be on a different disease, illness or condition.
Read the article thoroughly. Summarize your findings in the article report. Describe what you learned in the article. Describe how the disease, illness or condition affects children.

First Aid Kit-
Each student will 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.

Weekly Menu/Meal Plan-
Students will create a sample weekly menu for a children's classroom environment.
The weekly menu should include detailed daily meal & snack information.
The weekly menu must be well- thought out and health conscious. Remember recommended portion sizes for children as well as possible allergens.
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 children.
A checklist will be provided for each student to complete. Carefully observe the classroom environment.
Make notes and comments about the classroom environment.

Disease /Illness Report &Oral Presentation-
Each student will be assigned 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/childdevelopment

Collaborative Projects-
Students will be assigned into small groups of 4-5 students. Students will be assigned a topic to present on by the instructor. Examples: Dental Care, Fire Safety, Nutrition, Water Safety, Playground, Pedestrian, Bicycle Safety.
The activity should be developmentally appropriate for preschool age children. Students are required to write a four page informational paper, a Learning Plan, 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. 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 on-time submittal.

Assignments and Grading:

Article Report I:	____/50
Article Report II:	____/50
First Aid Kit:	____/75
Week Menu/Meal Plan:	____/100
Site Safety/Health Checklist:	____/100
Disease/Illness Report & Oral Presentation:	____/100
Collaborative Projects:	____/100
First Aid/ CPR Exam:	____/25
Weekly Reflective Writing:	____/100
	____700

Extra Credit: Upon Instructors Discretion

Grading Scale:

A - 650-700
B - 600-649
C - 550-599
D - 500- 549
F- below 500

Please Note: The course outline is a guide for the semester and may be revised to enhance learning outcomes or by events outside the control of the instructor.

Class Schedule

Week:	Topic:	Assignment:
9/3	Welcome & Introduction to the class	Assigned Readings
9/10	Preventing Infections	Read Chapter 3
9/17	Preventing Injuries	Read Chapter 4 Article Report I Due
9/24	Ready for Emergencies and Injuries First Aid Kit Due	Read Chapter 5
10/1	Promoting Health with Good Nutrition	Read Chapter 6 Article Report II Due
10/8	Promoting Health with Physical Activity	Read Chapter 7
10/15	Promoting Health through Oral Health, Mental Health, Health Education	Read Chapter 8
10/22	Disease/ Illness Presentations in Class	Disease/Illness Report
10/29	Medical Care –Clinical Health Services for Children	Read Chapter 9
11/5	Staff Members and Consultants for Safe and Healthy Childcare	Read Chapter 10 Safety Checklist Due
11/19	Facility Design and Support Services for Safe and Healthy Early Care and Education	Read Chapter 11
11/26	Caring for Children with Short-Term or Chronic Health Needs or Disabilities -Inclusion of Children with Special Needs	Read Chapter 12
12/3	Menu Presentations	Menu/Meal Plan Due
12/10	Collaborative Project Presentations Due	Collaborative Report
12/7	Final Exit Ticket Congratulations! You did it!	CPR/F.A. Cards Due

Attendance:
Attendance is extremely important in order to be successful in class.
Please make sure you arrive to class on time and stay until the end of class.
No more than 3 absences are allowed through the course of the semester.
A student that is absent 3 times in a row will be automatically dropped from the class.

Cell phones and iPods:
Please be courteous to your instructor and fellow classmates:
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/subject related material 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.

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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.
-Submit all assignments in a neat and well organized manner.
-All assignments must be typed and printed in black ink.
-Please notify your instructor as soon as possible if you do not have access to a computer/printer.
-Having trouble with assignments? Visit the Child Development Student Resource Center. Free Tutoring Available. Friendly and Knowledgeable Tutors on Site.
-Class assignments should be submitted in class on the due date.
-Late assignments are subject to a point deduction
-Emailing your assignment to the instructor as an attachment is not acceptable

Child Development 10 – Section Number 3080
Fall 2014

Name: _____

Address: _____

_____

Home Telephone Number: _____

Cell Phone Number: _____

Email: _____

Reason for taking this class: _____

What is your major in college? _____

How many units/ classes are you enrolled in this semester? _____

List the classes you are enrolled in:

_____ _____

_____ _____

How many Child Development classes have you taken previously? _____

Do you work? If so, how many hours do you work per week? _____

Where do you work? _____

What's your first language? _____

Do you have any special needs? _____

Any other information you would like to share? _____

I look forward to having you in my class!!!