

Los Angeles Mission College

Child Development 10 " HEALTH, SAFETY and NUTRITION - Section # 3175 Wednesday- 6:50 P.M-10:00 pm Instructor's Name:Claudia Garcia-Oliva

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Office Location: Center for Child Development Studies Office Office Hours: Wednesday 6:00 pm, or 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. Aronson, Susan S. Healthy Young Children. NAEYC, 2002.

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.
- 12. Plan developmentally appropriate early childhood curriculum on the topics of health, safety, and nutrition for families and all children.

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

Student Learning Outcomes

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Students will identify and describe biological and environmental factors affecting children's healthy growth and development. Students will demonstrate knowledge and skills of first aid procedures and Cardiovascular Resuscitation. Students will identify common childhood illness and protocols for recommended care

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

Assessment Method
1. Assess Environments/Construct
Menus.
Written Examination and Demonstration
Compilation of directory of common
illnesses/Oral & Written Presentation
on specific illness.

REQUIRED ASSISNGMENTS:

in the instructional environment.

All assignments must be typed.

The Seven (7) Assignments are as follows:

1. Report on Three (3) Articles - (75 points)

- You are required to research and read three current articles on health, safety and nutrition issues related to children and families.
- These articles must be on current research, from the Young Children's Magazine, Time Magazine, Newsweek Magazine, Parenting Magazines, Los Angeles Times and etc.
- The report should be approximately three pages in length.
- It should include the following three sections:
 - 1. A brief summary
 - 2. What you learned
 - 3. What you think about the new research (In other words, your reaction and response to what you read).
- Please attach a copy of the articles.

2. First Aid Kit-(100 Points)

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

3. Week Menu-(25 Points)

- Create weekly menus for specific age groups emphasizing the nutritional standards for these age groups.
- Need to choose age group: infant, preschool, primary (K, 1st), or 2nd-5th grade
- Creative
- Neatly organized and presented
- Format and examples (in handout package)

4. Site Safety Health Checklist-(50 Points)

- Visit an accredited licensed facility that provides programs for groups of children.
- Complete a checklist examining the health and safety (checklist in handout package)
- Write thoughtful comments in each area

In addition to doing the checklist, write a paragraph in your own words of each area what you observed.

5. Disease/Illness-(25 Points)

- Select an illness/Disease you would like to research from the list
- Use the Internet to research the illness/disease to prepare written and 3 minute oral presentation describing characteristics, signs & symptoms, treatment, how it spreads and implications for the child.
- clearly presented
- organized
- "expert"
- Written one page summary to be provided to classmates
- Use format provided in syllabus (format on page 11)
- Oral presentation of the report Visual poster, power point

6. Small Group Unit Plan of Study- (100 Points) –

- Groups will be assigned by the Instructor 3 or 4 students
- Topic to be assigned by instructor
- Research the topic, critical thinking skills and collaboration is required
- 4 activity plans focusing on a specific goal in health, safety or nutrition instruction

for specific age group (toddler, preschool, primary, middle, or older elementary age students)

- Copies of an one page summary of the activity plans to be provided to classmates
- Unit to include bulletin board (for purpose of class, to be placed on display board)
- Unit to include learning center activity---provided for class involvement and explain the purpose.
- Active Group Participation is required.
- If a group member is not participating she/he may not get the same grade.
- Turn in a summary of how each group member participated in this collaborative project along with your paper.
- The process of doing this project is of great value in learning.

Possible Topics:

- Dental Care
- Fire Safety
- Nutrition
- Personal Safety
- Playground/Pedestrian Safety/Bicycle Safety

7. First Aid and CPR Exam – In Class - (25 points)

American Red Cross – Multiple choice Exam

8. Attendance and Participation: (100 Points)

- Attendance is mandatory.
- It is required that you come to class at 6:40 p.m. and attend the whole class, until you are dismissed.
- Coming to class late and leaving early will result in a minus of 10 points.
- 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.
- Small and Large group participation is also very important and will influence your grade.
- Every class missed will result in a minus of 20 points.
- 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.

Assignments turned in late:

- Occasionally something occurs that prevents an assignment from being submitted on time.
- If this has been discussed in advance, there is no penalty.
- However if work is submitted late without a previous agreement with me, your grade for that assignment will be lowered.
- If an assignment is not submitted at all, your final grade will be lowered by a full letter grade.

Extra Credit:

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

Self Evaluation:

20 minutes of reflective writing about the process and content. These reflections should include your thoughts, experiences, perceptions, and ideas.

EVALUATION:

There are Nine (9) assignments to submit in this class. Each of which will contribute to your final grade. Each assignment will be given a letter grade (e.g. A, B, C, D, or F), which will then be recorded in order to determine your final grade for the class. The letter grades mean the following:

A - 500-450

B - 449-400

C - 399-350

D - 349-300

F - below 299

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 Special Services Director, Dr. Rick Scuderi, at 818-364-7734 as soon as possible. He will help you arrange special accommodations for your classes.

ALL ELECTRONIC EQUIPMENT AND CELL PHONES:

Please turn your cell phone on to a silent mode, and turn off ALL electric equipment..

TEACHING STYLE:

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

"All genuine learning is active, not passive. It is a process of discovery in which the student is the main agent, not the teacher." (Adler, 1982) One must learn by doing the thing, for though you think you know it-you have no certainty until you try." (Sophocles, 5th C. B.C.)

Child Development 10 " HEALTH, SAFETY and NUTRITION - Section # 3175 Spring 2013 "Wednesday - 6:40 P.M-10:00 pm

Date	week	Topic readings and activities Due toda		
2-6	1	Introduction		
2-13	2	*First Aid and CPRPreventing Childhood Injuries	Red Cross Book, Chapter 21	
2-20	3	*First Aid and CPRInfectious Diseases(Source, Treatment), Caring for the Ill Child RC Chapters 14,17,18, 19	Report on 3 articles due	
2-27	4	*First Aid and CPRFirst Aid , Threatening Emergencies CHAPTI & 6 R.C.		
3-6	5	First Aid and CPR Child Care Health Preventing Infections	Chapter 1 Chapter 2 First Aid Kit Due	
3-13	6	First Aid and CPR Preventing Injuries Ready for Emergencies and Injuries	Chapter 3 Chapter 4	
3-20	7	CPR /Managing Illness	Chapter 10	
3-27	8	Childhood Illness/Disease Presentations	First Aid and CPR Exam Illness/Disease Report Due	
4-3	9	Spring Break		
4-10	10	Promoting Health with Good Nutrition	Chapter 5	
4-17	11	Childhood Stresses/Positive Discipline "Abuse and Neglect"	Site Safety Health Checklist	
4-24	12	"Facility Design & Support Services Special Issues Menu Presentations	Chapter 9 Chapter 11 Menu Due	
5-1	13	Medical Care-Clinical Health Services for children Staff for Safe and Healthy Child Care	Chapter 7	
5-8	14	Unit Presentation	Unit Presentations	
5-15	15	Unit Presentation	Unit Presentations	
5-22	17	Hands on activities		
5-29	18	You did it! Let's celebrate	FINAL ALL PAPERS DUE	

PLEASE NOTE:

The course outline is a guide for the Spring Semester and may be modified/revised to enhance learning outcomes or by events outside the control of the instructor.

**The Schedule will be revised to accommodate First-Aid and CPR Training and Examination

Emergency Telephone List Spring 2013

(Complete and include this list in your First Aid Kit)

EMERGENCY NUMBERS (include area codes)

Emergency Medical Sys	tems (EMS)	Rape Crisis Center
Poison Control Center _	· ,	Battered Women's Shelter
Police	Suicide F	Prevention Hotline
FireGas Co		
Hospital Emer	gency Facility	
Child Protective Service	s Parents An	onymous
_PROGRAM INFORMA	TION This telephone	is located at
Telephone number	-	

ALWAYS PROVIDE THIS INFORMATION IN AN EMERGENCY:

Name

Nature of emergency

Telephone number

Address

Easy directions

Exact location of injured person(s)

Number and age(s) of person(s) involved

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!

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, 3/4-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
Comments:
NameSignature and Date
In order to get all the points make sure you include all the items listed above. Organization has a value
25% of your grade. So, be organized label items and or containers for the items. Have a backpack or
strong not heavy container to place all your items and label it First Aid Kit.