SOUTHEAST MISSOURI STATE UNIVERSITY
COURSE SYLLABUS

Department of: Human Environmental Studies
Course No.: CF124

Title of Course: Child Health, Safety and Nutrition
New: Fall 2000

I. Catalog Description and Credit Hours of Course:

Essentials of health, nutrition, and safety and its application to the well-being of the child from conception through eight years of age. (3 credit hours)
[Required for individuals who are interested in applying for the Child Development Associate (CDA) Certification.]

II. Prerequisite(s):
None

III. Purpose or Objectives of the Course:

Students will:

a. Develop a basic understanding of human nutrition emphasizing the special concerns for the infant, toddler and preschooler.
b. Identify and assess the skills for implementing health and safety policies needed for child care.
c. Recognize how developmental levels affect the safety of children and learn to employ age appropriate strategies and procedures to promote healthy habits in young children.
d. List or identify the principles of risk management and health promotion, to ensure the well being of children.
e. Recognize the importance of guidelines, standards and laws as they apply to the health, safety and well-being of young children.
f. Acquire basic pediatric, first aid and CPR certification or provide certification.
g. Recognize the interrelationship of health, safety and nutrition for the care of young children.
h. Select healthy foods, plan appropriate menus, prepare food in a safe manner and be aware of food programs that can be accessed by child care programs.

IV. Expectations of Students:

A. Demonstrate comprehension of the course content on examination
B. Satisfactory completion of all course projects.
C. Participate in all class projects and discussions.
V. Course Outline:
A. Licensing and Professional Accreditation------------------------------------------2 hours
   1. Understand necessary steps towards accreditation and required compliance issues.
   2. Understand necessary steps towards accreditation and required compliance issues.

B. Program Requirements and Record Maintenance--------------------------------2 hours
   1. Staff qualifications
   2. Group Size and Composition
   3. Children and Adult Health Assessment
   4. Developmental Profiles
   5. Nutritionally Balanced Menu Plans
   6. Preparedness for Emergency Disaster
   7. Fire and Storm Drill
   8. Accident and Injury Reports
   9. Authorized Release

C. Program Content/ Curriculum-----------------------------------------------------------2 hours
   1. Program philosophy, developmental and educational objectives
   2. Balanced daily schedule
   3. Integrating children’s developmental needs in curriculum planning
   4. Addressing individual needs in curriculum planning
      a. Multicultural awareness
      b. Inclusion issues
   5. Plan for Health and Safety Education

D. Creating Safe Environments-------------------------------------------------------------2 hours
   1. Safety Policies
   2. Assessing the Environment
   3. Constructing a Safety Plan for Child Care

E. Indoor Safety----------------------------------------------------------------------------2 hours
   1. Indoor Safety Policies
   2. Examining the Child Care Environment for Indoor Hazards
   3. Indoor Equipment Safety
   4. Toy Safety
   5. Interpersonal Safety
   6. Poison Control
   7. Fire and Burn Prevention
   8. Implications for Caregivers

F. Outdoor Safety----------------------------------------------------------------------------2 hours
   1. Safety Policies for the Outdoor Environment
   2. Examining Child Care Environments for Hazards
   3. Playground Equipment Safety
   4. Traffic and Transportation Safety
   5. Water Safety
   6. Implications for Caregivers
G. Accident Prevention-----------------------------------------------2 hours
   1. Advanced Planning
   2. Establishing Rules
   3. Careful Supervision
   4. Safety Education
   5. Implementing Safety Practices
   6. Legal Implications

H. Promoting Good Health In Children---------------------------------2 hours
   1. Concerns for Children's Health (State and National Data)
   2. Health Promotion
   3. Providing a Mentally Healthy Environment

I. Tools for Promoting Good Health in Children------------------------2 hours
   1. Health Policies
   2. Children's Health Records
   3.Staff Health
   4. Observing and Recording Children's Health Status
   5. Immunization for Disease Prevention

J. Conditions Affecting Children's Health---------------------------------3 hours
   1. Childhood Illnesses and Concerns
   2. The Infectious Process and Effective Control
   3. Identifying Sick Children
   4. Managing Care for Mildly Ill Children
   5. Inclusion of Children with Special Needs into Child Care
   6. Implications for Caregivers

K. Infection Control in Child Care---------------------------------------3 hours
   1. Health Policies for Infection Control
   2. Factors Influencing the spread of Infectious Disease
   3. Sanitary Practices for Child Care Environments
   4. Environmental Quality Control for Disease Prevention
   5. Implications for Caregivers

L. Child Abuse and Neglect--------------------------------------------- 3 hours
   1. Policies for Child Abuse and Neglect
   2. Factors Contributing to Abuse and Neglect
   3. Discipline vs. Punishment
   4. Helping Abused and Neglected Children: The Teacher's Role
   5. Helping Parents
   6. Protective Measures for Child Abuse
   7. Implications for Caregivers
M. Emergency Response Procedures for Child Care

2. Identifying an Emergency
3. Basic Emergency Response Procedures
4. Basic CPR and First Aid Training
5. Disaster Preparedness
6. Implications for Caregivers

N. Educational Experiences

1. The Role of Parents in Health and Safety Education
2. The Role of Teacher In-Service Programs in Health and Safety Education
3. Creating Linkages: Assessing Community Resources
4. Managing Diversity

O. Promote Good Nutrition in Child Care

1. Nutritional Policies
2. Understanding Nutritional Guidelines
3. Basic Nutrients

P. Menu Planning and Food Safety in Child Care

1. Guidelines for Food Programs
2. Menu Planning for Child Care
3. Food Safety in Child Care
4. Implications for Caregivers

Q. Infant Feeding

1. Profile of an Infant
2. Meeting the Nutritional Needs of an Infant
3. The Caregiver and the Breast Feeding Mother
4. The Caregiver and the Formula Fed Infant
5. Formula Preparation
6. Feeding Time for Infants
7. Introducing Semi-Solid (Pureed) Foods
8. Developmental and Psychological Readiness
9. Some Common Feeding Problems

R. Feeding the Toddler and Preschool Child

1. Profile of Toddlers and Preschoolers
2. Challenges of Feeding a Toddler and Preschooler
3. How to Make Eating Time Comfortable, Pleasant and Safe
4. Promoting Good Eating Habits
5. Some Common Feeding Concerns During the Toddler and Preschool Years

S. Planning and Serving Nutritious Meals

1. Funding or Licensing Requirements
2. Meeting Nutritional Needs
3. Steps in Menu Planning
4. Serving Meals: Promoting a Healthy Meal Environment
T. Food Safety

1. Sanitation and Food Safety
2. Personal Cleanliness and Food Safety
3. Safe Food Handling
4. Sanitation of Food Preparation Area and Equipment
5. Food- Borne Illnesses

U. Nutrition Education

1. Parental Involvement in Nutritional Education
2. Planning a Nutrition Education Program
3. Guidelines for Nutrition Education Activities
4. Safety Considerations

Total 45 hours

VI. Text:


VII. Course Evaluation

Exams 50%
Group Projects or Paper 20%
Resource File 20%
In-Class Exercises 10%