COURSE OUTLINE

ECHD 121 - WELLNESS IN YOUNG CHILDREN:
PROMOTING HEALTH, SAFETY, NUTRITION
AND DEVELOPMENT

REVISED BY: MAUREEN P. MAIOCCO, Ed.D.
A. **TITLE**: Wellness in Young Children: Promoting Health, Safety & Nutrition

B. **COURSE NUMBER**: ECHD 121

C. **CREDIT HOURS**: 3

D. **WRITING INTENSIVE**: No

E. **COURSE LENGTH**: 15 weeks

F. **SEMESTER(S) OFFERED**: Spring

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY**: 3 lecture hours per week

H. **CATALOG DESCRIPTION**:

A combination of lecture, discussion, and exercises designed to develop the knowledge and skills necessary for working with young children. This course focuses on integrating health, safety, and nutritional activities into early childhood settings to promote the well-being of children. Prerequisite: Introduction to Early Childhood (ECHD 101) or permission of instructor.

I. **PRE-REQUISITE**: Introduction to Early Childhood (ECHD 101) or permission of instructor.

J. **GOALS**

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

<table>
<thead>
<tr>
<th>Course Objective</th>
<th>Institutional SLO</th>
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<tbody>
<tr>
<td>a. Understand and apply state regulations and policies regarding health and safety issues in-group childcare settings.</td>
<td>2-Crit. Thinking 3-Prof. Competence</td>
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<td>b. Define and apply the components of wellness and understand the early childhood educators role for ensuring the well-being of children.</td>
<td>1-Communication 2-Crit. Thinking 3-Prof. Competence</td>
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<td>c. Understand the importance of health and safety in the Early Childhood Environment, for children, teachers, and families’ well-being.</td>
<td>1-Crit. Thinking 3-Prof. Competence 4-Inter-Intrapersonal</td>
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<td>d. Gain knowledge of various agencies and resources available for promoting health, safety, and nutrition in the ECE classroom.</td>
<td>2-Crit. Thinking 3-Prof. Competence</td>
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K. **TEXTS**:

L. REFERENCES:
NY State Office of Children & Family Services Day Care Regulations
access at: http://www.ocfs.state.ny.us/main/becs/daycare_regs.asp

M. EQUIPMENT: Tech. Advanced Classroom

N. GRADING METHOD: A-F

O. MEASUREMENT CRITERIA/METHODS:

- In-Class Assignments
- Article and Website Reviews
- Curriculum Projects
- Quizzes
- Final Exam

P. DETAILED TOPICAL OUTLINE:

I. Interrelationship of Health, Safety & Nutrition
   a. Implications for teachers
   b. Importance of family involvement
   c. Creating healthy lifestyle habits in young children
   d. Teacher's role and responsibilities
   e. Bronfenbrenner's Ecological Systems Theory

II. Health of the Young Child
    a. Promotion
    b. Assessment tools
    c. Conditions affecting children's health
    d. The infectious process
    e. Communicable and acute illness
    f. Management and identification of illness/disease
    g. The Health Care Policy
    h. The Health Care Consultant

III. Safety for the Young Child
    a. Creating quality environments
    b. Safety management
    c. State rules and regulations
    d. Health inspections
    e. Recalls
    f. Child abuse, maltreatment, and neglect
    g. Planning for health and safety education
IV. Nutrition for the Young Child
   a. Nutritional guidelines
   b. The Food Pyramid
   c. Nutrients for energy
   d. Nutrients for growth of body tissues
   e. Nutrients for regulation
   f. Infant, Toddler, Preschool Feeding
   g. Planning & Serving Nutritional meals and snacks
   h. Food safety
   i. Nutrition education