

Revised by: R. Roth  
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Early Care, Education and Family Studies (ECEP) 1090 Introduction to Child Health and Safety (3 Units)  
(DS7)

[formerly Early Childhood Education 1090]

Advisory: Eligibility for English 1000 and Reading 1005 strongly recommended

Total Hours: 48 hours lecture

Catalog Description: This course is an introduction to the laws, regulations, standards, policies and procedures, and Early Care, Education and Family Studies curriculum related to child health safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Focus on integrating the concepts into everyday planning and program development for all children. This is a general education course not open to students with credit in Early Care, Education and Family Studies 1590.

This is designed to be taken as an associate degree elective/ non transferable course in preparation for the lower division eight (LD8) as designed by the Curriculum Alignment Project (CAP). See [www.childdevelopment.org](http://www.childdevelopment.org) for more information on LD8. It also satisfies a core requirement for the Child Development Matrix.

Type of Class/Course: Degree Credit

Text: Matricardi, Joanne and Jeanne McLarty. *Health, Safety, and Nutrition Activities A to Z*. Belmont: Cengage, 2008. Print.

Robertson, Catherine. *Safety, Nutrition, and Health in Child Care*. 5<sup>th</sup> ed. Belmont, CA: Cengage, 2013. Print.

Additional Instructional Materials: none

Course Objectives:

By the end of the course, a successful student will be able to:

1. demonstrate effective strategies for evaluating health and safety policies and procedures,
2. compare and contrast various methods of collaboration with teachers and families to promote health and safety in settings for children ages 0-5,
3. compare and contrast various health assessment tools and policies,
4. identify environmental health and safety risks for children ages 0-5,

5. identify symptoms of common communicable diseases and other health conditions that affect children,
6. identify and discuss common health and safety issues in early childhood settings,
7. identify characteristics of abuse and neglect and demonstrate knowledge of mandated child abuse reporting procedures,
8. differentiate the nutritional needs of various ages of children and plan economical and nutritional meals and snacks based on the individual needs of children,
9. write appropriate early childhood curriculum on the topics of health, safety, and nutrition appropriate for families and all children,
10. recognize a caregiver's role and responsibility to model good health, safety and nutrition habits,
11. research current health issues related to children and families, and
12. review laws and regulations (e.g., Title 22, Title 5 Fire Code) supporting health, safety, and nutrition in children's programs.

Course Scope and Content:

Unit I Preventive Health Care

- A. Stress control
- B. Nutrition
- C. Exercise
- D. Health appraisals and assessment
- E. Understanding of family needs

Unit II Environmental Safety

- A. Toys and equipment
- B. Fire, water and natural disaster
- C. Abuse and assault
- D. Safety management
- E. Educational experiences

Unit III Foods and Nutrients

- A. Nutritional guidelines
- B. Nutrients
- C. Planning and serving meals
- D. Food safety and economy
- E. Family preferences
- F. Cultural awareness

Unit IV Children's Health Problems

- A. Common childhood illnesses
- B. Accidents
- C. Acute health impairments
- D. Chronic health impairments
- E. Health screening
- F. Abuse and neglect
- G. Communicable Diseases

Unit V Emergency and Medical Procedures

- A. First Aid
- B. CPR
- C. Identification and use of medicines

Unit VI Health and Safety Facilities and Resources

- A. Red Cross
- B. Resource Agencies
- C. Health Department

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

- 1. Studying
- 2. Skill practice
- 3. Completing required reading
- 4. Written work

Methods of Instruction:

- 1. Lectures
- 2. Class discussion
- 3. Speakers
- 4. Videos

Method of Evaluation:

- 1. Substantial writing assignments, including:
  - a. essay exams
  - b. written homework
- 2. Computational or non-computational problem-solving demonstrations, including:
  - a. exams
  - b. homework problems
  - c. quizzes
- 3. Skill demonstrations, including:
  - a. class performance
- 4. Other examinations, including:
  - a. multiple choice
  - b. matching items
  - c. true/false items

Supplemental Data:

TOP Code:	130500 Child Development/ Early Care and Education
SAM Priority Code:	D: Possibly Occupational
Funding Agency:	Y: Not Applicable
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Not Applicable
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Course is not a part of a cooperative education program
Eligible for Credit by Exam:	Yes
Eligible for Pass/No Pass:	Yes