

# CHLD 80C: SAFETY & NUTRITION OF YOUNG CHILDREN IN THE HOME

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	1
Hours:	1 lecture per week (12 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Identify risks to child health and safety in the home and community environments and use preventive strategies to keep children healthy and safe.
- Demonstrate knowledge and develop strategies to collaborate with parents around health, safety, and nutrition in the home and in the community.
- Develop self and community care plan to support the health and safety of nannies.

## Description

This course focuses on practices for ensuring the health and safety for children from infancy through preschool age under a nanny's care. There is also an emphasis on prevention and the most common risks at various stages of development. Emphasis on arranging spaces and materials to ensure safety while also affording opportunities for optimal development and exploration. Focus on basic knowledge of nutritional needs at various stages of development as well as safe practices in food preparation and mealtimes in collaboration with parents. This course is also supplemented with first aid and infant CPR course.

## Course Objectives

The student will be able to:

- Demonstrate knowledge of information on planning for emergencies and natural disasters.
- Recognize the signs and symptoms of communicable diseases and other health conditions that affect all children and describe the preventive health policies and procedures needed for the protection and improvement of the health of young children.
- Demonstrate knowledge of how to collaborate with parents to create and support healthy and safe environments for children in the home and community in addition to possible risks, issues, and roles.
- Identify the nutritional needs and food safety guidelines for various ages and plan safe, nutritious meals for children in collaboration with parents.

- Identify laws and regulations, standards, policies and procedures supporting health and safety in the home including characteristics of suspected abuse and neglect and how to report them.
- Identify and plan for the self and community care needs to support nannies in meeting the various health and safety responsibilities in the home.

## Course Content

- Demonstrate knowledge of information on planning for emergencies and natural disasters
  - Develop communication plans and agreements on emergency plans and protocols with parents
- Recognize the signs and symptoms of communicable diseases and other health conditions that affect all children and describe the preventive health policies and procedures needed for the protection and improvement of the health of young children
  - Recognize the signs and symptoms of communicable diseases and other health conditions that affect all children and describe the preventive health policies and procedures
  - Recognize signs and symptoms of illnesses and physical discomforts associated with various ages
  - Identify interventions for the safety of the child
  - Develop communication plans and agreements with parents around protocols and routines for sleep, illnesses, and physical activity
- Demonstrate knowledge of how to collaborate with parents to create and support healthy and safe environments for children in the home and community in addition to possible risks, issues, and roles
  - Safety in the home
    - Identify health and safety risks in the home environment
    - Identify safe sleeping guidelines for various ages 0-6
    - Identify safe practices for bathing and water safety for various ages 0-6
    - Identify national nanny health and safety standards
    - Develop communication plans and agreements with parents on protocols
  - Physical health and development
    - Identify activity guidelines and physical fitness for various ages
    - Identify physical risks for various ages
    - Understand the importance of and promote outdoor and nature play
    - Nurture body awareness and confidence through developmentally appropriate practice
    - Identify nutritional needs for various physical activities
    - Identify sleep and hygiene needs for various ages
  - Safety outdoors and in the community
    - Identify safe practices for preventing injury in the yard
    - Identify safe practices for public outings
    - Understand and practice playground safety
    - Recognize and practice sun safety
    - Travel safety (car and public transit)
    - Develop communication plans and agreements with parents on protocols
- Identify the nutritional needs and food safety guidelines for various ages and plan safe, nutritious meals for children in collaboration with parents

- a. Identify nutritional sources in various foods
  - b. Identify the nutritional needs of various ages and plan nutritional meals for children
  - c. Understand MyPlate and nutritional guidelines for various ages
  - d. Understand food safety guidelines and risks for various ages
  - e. Demonstrate consideration of culture, tradition and family choice
  - f. Develop communication plans and agreements with parents on safety, food preferences, snack guidelines and routines
5. Identify laws and regulations, standards, policies and procedures supporting health and safety in the home including characteristics of and how to report suspected abuse and neglect
    - a. Consideration of developmentally appropriate teaching strategies on health and safety
    - b. Consideration of early adverse experiences
    - c. Signs and symptoms of child abuse
    - d. Risk factors associated with abuse and neglect and prevention strategy
    - e. Community resources for support and documentation of suspected abuse or neglect
    - f. Communication with parents on risk factors
  6. Identify and plan for the self and community care needs to support nannies in meeting the various health and safety responsibilities in the home

Marotz, Lynn. Health, Safety and Nutrition for the Young Child, 9th ed. 2014.

National Nanny Standards, 2019 - retrieved from [www.usnanny.org/Emergency Work Plan: cchealth.org/emergencies/pdf/childcare\\_emerg\\_wkbk.pdf](http://www.usnanny.org/Emergency%20Work%20Plan%20-%20cchealth.org/emergencies/pdf/childcare_emerg_wkbk.pdf) & [cchealth.org/emergencies/preparedness.php#simpleContained3](http://cchealth.org/emergencies/preparedness.php#simpleContained3)

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Reading and study of the text(s).
2. Reading and written response to test questions, assignments and relevant articles and readers.
3. Reaction writing assignments to video viewings and experiences, such as research projects and field trips.
4. Research, planning and written evaluation of individual or group creative projects.

## Discipline(s)

Child Development/Early Childhood Education

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Class discussion  
In-class activities  
Program observation assignments  
Midterm examination  
Oral presentations and demonstration

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture  
Discussion  
Cooperative learning exercises  
Oral presentations  
Demonstration

## Representative Text(s) and Other Materials

Harms, Thelma, Richard M. Clifford, and Debby Cryer. Family Child Care Environment Rating Scale (FCCERS-3). 2019.