

# Dakota County Technical College

## ECYD 1220: Health, Safety, and Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An introduction to the regulations, standards, policies, and procedures, prevention techniques, and early childhood curriculum related to health, safety, and nutrition. The key components that ensure physical health, mental health, and safety for both children and staff will be identified, as well as the importance of collaboration with families and health professionals. A focus will be on integrating the concepts into everyday planning and program development.

Note: This course requires a clear Minnesota Criminal Background Study.

**B. COURSE EFFECTIVE DATES:** 11/10/2010 - Present

**C. OUTLINE OF MAJOR CONTENT AREAS**

**D. LEARNING OUTCOMES (General)**

1. Actively supervises and interacts with children to ensure safety both indoors and outdoors
2. Assist young children in establishing health-promoting behaviors and making healthy choices
3. Aware of environment and potential hazards, corrects those that are correctable and alerts supervisor to any others
4. Bases educational activities on nutritional information responsive to multiple cultures
5. Be aware of the signs of emotional distress, child abuse, and neglect and complies with mandated reporting procedures for child abuse and neglect
6. Demonstrate ability to use safety equipment, e.g. fire extinguisher
7. Demonstrate basic knowledge of health issues common to infants, toddlers, and young children
8. Demonstrate basic knowledge of nutrition and feeding needs specific to infants, toddlers, and young children, including those with physical impairments
9. Demonstrate understanding of the developmental consequences of stress and trauma related to loss, neglect, and abuse
10. Describe and maintains a safe environment, including equipment and toys to prevent and reduce injuries
11. Develop educational activities that promote awareness and provide coping skills
12. Differentiate between physical abuse, emotional abuse sexual abuse, and neglect
13. Examine characteristics of families of abused or neglected children
14. Follow instructions for administration of medicine and approved medical treatments, including related documentation
15. Follow procedures to avoid transmission of communicable diseases
16. Follows safety regulations and participates in emergency and disaster drills
17. Guides cooking experiences with children
18. Help children practice appropriate hand-washing techniques
19. Identify and report problems regarding staff to child ratios
20. Identify child abuse indicators
21. Identify, document, and report suspected emotional distress, abuse, and neglect of children in an immediate and appropriate way
22. Implement practices to avoid and control blood-borne pathogens
23. Inform families when child has been exposed to communicable disease or illness
24. Maintain and assess safe environments inside and outside
25. Maintains sanitary environments
26. Model and provide direction on sanitation procedures
27. Monitor children daily for signs of illness and possible signs of abuse and neglect
28. Monitor eating habits to ensure a healthy diet, including the need of children to eat frequently
29. Plans and evaluates menus
30. Practice appropriate hand-washing techniques
31. Practice safe diapering procedures
32. Practice safe food handling and observe general sanitation practice
33. Provides appropriate meals and snacks in a relaxed and social setting with no coercion
34. Recognize and responds to each child's safety needs
35. Recognize health hazards in meals (choking, allergies, etc.) and takes steps to prevent dangerous situations
36. Release children only to authorized persons
37. Respond to children injuries and documents any injuries while assuring the comfort and care of other children
38. Teach simple safety precautions and rules to children and enforces rules consistently

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39. Teaches children about nutrition and healthy food choices
40. Use appropriate health appraisal and management procedures and makes referrals when necessary
41. Verbalize and adhere to emergency, illness, injury and sanitation procedures

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted