CHILDHOOD HEALTH, SAFETY & NUTRITION
Course Syllabus

Course Number: ECDS-0020C
OHLAP Credit: No
OCAS Code: None
Course Length: 50 Hours
Career Cluster: Human Services
Career Pathway: Early Childhood Development & Services
Career Major(s): Early Care & Education Teacher Assistant

Pre-requisite(s):
This course is designed for first-year early care and education students. This in-depth study is designed to provide the foundation competencies needed for advanced-level occupations in early childhood care and education. It is aligned with the Oklahoma CareerTech duty/task lists for early childhood care and education occupations. The curriculum incorporates state licensing regulations and standards set forth by national organizations active in early childhood care and education. The curriculum offers project-based activities to assist the students in preparing for a rewarding career. Upon successful completion of Teacher Assistant, the student is also recognized as having met the Entry Level Child Care Training (ELCCT) requirements.

Textbooks:

Course Objectives:
A. Demonstrate Appropriate Safety Precautions and Procedures for Children
1. List factors necessary for maintaining a safe environment in a childcare facility.
2. State staff responsibilities for providing a safe environment in a child-care facility.
3. Discuss liability issues for preschool personnel.
4. Explain the importance of constant supervision of children.
5. Develop an effective safety policy.
6. Describe the safety forms used in an early child-hood program.
7. Identify potential safety hazards in the indoor and outdoor environment of a childcare setting.
8. Answer questions related to children's safety.
10. Locate emergency procedures for childcare centers as required by state law.
11. Discuss procedures for treating poisonings.
12. Match types of fires and the fire extinguishers used to fight them.
13. Evaluate emergency information at a childcare facility.
14. Explain how to promote safety with children.
15. Describe what should be done during medical, fire, and weather-related emergencies.

B. Demonstrate Appropriate Health Precautions and Procedures for Children
1. Discuss Oklahoma's licensing requirements related to giving medication.
2. State ways of controlling transmittable diseases.
3. Demonstrate sanitizing procedures for a child-care facility.
5. List symptoms and incubation periods of communicable diseases using a chart.
6. Explain the importance of first-aid training.
7. Define terms related to administering first aid in a child-care setting.
8. Name types of wounds and outline procedures for treating them.
9. Explain treatment for emergency situations, such as burns, choking, splinters, insect stings, dental emergencies, head lice, vomiting, eye injuries, poison ingestion, and head injuries.
10. Evaluate contents of a First Aid Kit at a child-care facility.
11. Develop a health policy for a childcare center.
12. Describe how to maintain a healthful environment in a child care setting.
13. Describe concerns that arise when children have special health conditions.
14. Discuss health problem associated with weather, abuse, neglect, and emotion.
15. Make sure all children are properly immunized.
16. Keep child and staff health exam records current.
17. Promptly and properly report contacts with contagious diseases.
18. Use good hygiene:
19. Children and staff wash their hands thoroughly.
20. Change diapers following recommended procedure.
21. Children feel proud when they are learning to use the toilet.
22. Serve only nutritious foods.
23. Demonstrate the ability to:
   a. Take a temperature.
   b. Apply dressings and bandages.
   c. Examine eyes.
   d. Irrigate eyes.
   e. Control bleeding by direct pressure.
   f. Apply a splint.
   g. Clear obstructed airway
   h. Administer CPR according to certification requirements.

C. Demonstrate Knowledge of Nutrition for Preschool Children. ¹
1. Interpret federal and state nutritional guidelines for child-care centers.
2. Discuss goals of a nutrition program in a child-care center.
3. Explain why proper nutrition is important to physical, intellectual, social, and emotional development.
4. Discuss problems identified with overeating.
5. Match nutrients needed to maintain health of preschool children to their functions.
6. Define terms associated with planning nutritious meals for children.
7. Classify food items into appropriate groups on the food pyramid.
8. Describe factors that influence the planning of nutritious meals.
9. Choose snacks that would be acceptable for children according to the U.S.D.A. guidelines.
10. Plan a one-week breakfast, lunch, and snack menu for a group of children that meet federal and state regulations.
11. Define nutrition and explain its role in development.
12. Describe proper food safety and sanitation practices.
13. Plan nutrition education activities.

¹ ODCTE Objective
All unmarked Objectives are TTC instructor developed.

**Teaching Methods:**
The class will primarily be taught by the lecture and demonstration method and supported by various media materials to address various learning styles. There will be question and answer sessions over material covered in lecture and media presentations. Supervised lab time is provided for students to complete required projects.

**Grading Procedures:**
1. Students are graded on theory and shop practice and performance.
2. Each course must be passed with seventy (70%) percent or better.
3. Grading scale: A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=50-59%.

**Description of Classroom, Laboratories, and Equipment:**
Tulsa Technology Center campuses are owned and operated by Tulsa Technology Center School District No. 18. All programs provide students the opportunity to work with professionally certified instructors in modern, well-equipped facilities.

**Available Certifications/College Credit:**
The student may be eligible to take state, national or industry exam after completion of the program. College credit may be issued from Oklahoma State University-Okmulgee or Tulsa Community College. See program counselor for additional information.

**College Credit Eligibility:**
The student must maintain a grade point average of 2.0 or better.