University of New Hampshire
College of Professional Studies

EDC 504 Health, Safety, & Nutrition in Early Childhood Settings

Course Overview

This resource describes the objectives and key assignments of this course. The document is subject to change and does not substitute for the course syllabus which is provided by individual instructors on a term to term basis.

❑ Introductory	❑ Intermediate	❑ Advanced
❑ Clinical	✓ Nonclinical	

Field/Clinical Requirements *(Clinical courses only)*			
Group Size	❑ Whole Group	❑ Small Group	❑ 1:1
Target Population	N/A		
# of Lessons / Units	N/A		
Lesson Content	N/A		
Grade Range	N/A		

Course Objectives
This course provides an overview of the health, nutritional and safety needs of young children in early childhood setting. It includes roles and responsibilities of adults in meeting young children's varied needs and promoting healthy lifestyle practices. In this course students will: 1. Develop an understanding of common childhood illnesses and injuries, meeting health, nutrition, and safety standards, and lessons for students that promote healthy habits. 2. Follow approved health practices and procedures to identify and prevent illness and disease in the early childhood center/environment. 3. Discuss the impact that state and federal legislation has on child care centers and early childhood programs. 4. Identify the signs of illness and common communicable diseases in young

children.

5. Follow safety practices and procedures to maintain a safe environment in the early childhood center/environment.

6. Discuss the importance of emergency procedures in an early childhood setting.

7. Describe the nutritional needs of the pregnant woman, the breastfeeding mother and child, the infant, toddler, preschooler, and the school-age child to maintain good health and promote appropriate development.

8. Understand the accommodations and modifications necessary for the inclusion of students with special needs.

9. Discuss mental health issues that impact students in an early childhood setting.