

ECE104 Child Health, Growth and Well-Being

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern:

Synopsis:

ECE104 Child Health, Growth and Well-Being focuses on ways of creating safe indoor and outdoor environments for young children (infants, toddlers and pre-schoolers); as well as the importance of maximising health, maintaining hygiene, and physical activity and nutritional balance. It introduces developmental milestones for young children's physical development as well as the strategies to be inclusive towards children with developmental variations and other diverse needs. Observational skills are emphasised and the course also introduces prevailing childcare and kindergarten licensing requirements in Singapore and basic methods of managing emergencies.

Topics:

- Safety for young children (indoor and outdoor environments)
- Children's basic needs and well-being
- Young children's physical growth and development (birth – 8): major achievements and variations
- Daily care routines for infants, toddlers and pre-schoolers (e.g., diapering, toilet learning, self-care and oral hygiene) and supporting children's development of self-care skills
- Other patterns and routines to create a healthy emotional climate and support positive behaviour for infants/toddlers and pre-schoolers (e.g., arrival/departure, health checks, managing separation anxiety, meal time and naptime)
- Common childhood ailments, allergies and injury
- Basic first aid
- Transitions throughout early childhood
- Risk and resilience
- Building an inclusive community in the centre
- Nutritional needs of young children (e.g., planning meals and food safety guidelines)
- Facilitating children's understanding of healthy eating and living

Textbooks:

Sorte, J., Daeschel, C., Amador, C.: UC-ECE104 Nutrition, Health and Safety for Young Children: Promoting Wellness. 3rd edition 3 Pearson
ISBN-13: 9780133956764

Learning Outcome:

- Describe the key principles of designing and maintaining safe, pleasant and clean environments for children
- Discuss children's nutritional, dietary and activity needs
- Define common childhood illnesses, allergies and injury
- List common types of accidents, and ways to manage and communicate emergencies
- Develop guidelines for selecting safe toys and learning materials for children
- Propose routines and strategies to promote inclusion

Continuous Assessment Component	Weightage (%)
PRE-COURSE QUIZ	5
TUTOR-MARKED ASSIGNMENT	40
DISCUSSION BOARD	5
Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**