

H6CHNW: Child Health Nutrition and Wellbeing

Module Code:	H6CHNW
Long Title	Child Health Nutrition and Wellbeing APPROVED
Title	Child Health Nutrition and Wellbeing
Module Level:	LEVEL 6
EQF Level:	5
EHEA Level:	Short Cycle
Credits:	10
Module Coordinator:	Meera Oke
Module Author:	Stephanie Roe
Departments:	NCI Learning & Teaching
Specifications of the qualifications and experience required of staff	
Learning Outcomes	
<i>On successful completion of this module the learner will be able to:</i>	
#	Learning Outcome Description
LO1	Demonstrate a critical understanding of theory and key principles of holistic health including immunisation, nutrition, well-being and safety in early childhood.
LO2	Demonstrate a clear understanding of infant and children's mental and physical health and its implication to overall learning and development with a strong focus on interactions and relationships.
LO3	Express essential knowledge of maternal and child nutrition, including menu planning and nutrients for the optimal wellbeing, learning and development of babies, toddlers and young children.
LO4	Identify the importance of routines and factors influencing maintenance of health and hygiene, protection and prevention of illness when working with children in an ECEC environment.
LO5	Identify common childhood illnesses and resources that will enable recognition and measurement of child health, nutrition and wellbeing of babies, toddlers and young children.
Dependencies	
Module Recommendations	
No recommendations listed	
Co-requisite Modules	
No Co-requisite modules listed	
Entry requirements	

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Module Content & Assessment			
Indicative Content			
Understanding the holistic child (week 1 & 2) Definition of the holistic health, views of holistic development, the importance of routines on learning and development, factors influencing focusing on child health, nutrition, and wellbeing.			
Overview of theory and key principles of child health, nutrition and wellbeing (week 3 & 4) Overview of theory and key principles of nutrition in Early Childhood. Impact of nutrition on health -physical as well as on learning and development.			
Maternal, Infant and children's mental health (week 5 & 6) Definition of maternal- infant and child mental health, individual factors that influence mental health and wellbeing such as attachment - nurturing and flourishing relationships, interactions, social and emotional development. Factors influencing mental health. Aspects related to promoting positive health through key workers, care routines - nappy changing routine and the importance of sleep, mealtimes, including role of the educator in promoting positive mental health etc.			
CA Assessment (week 7) Introduction to the CA assessment. Brainstorming in groups and researching around the assessment. Question and answer session.			
Concept of child health and nutrition (week 8) Links to wellbeing and health, babies, toddlers and young children feeding, nutritional deficiencies and the impact of health eating on early childhood education and care, food and nutrition guidelines, promoting health eating in ECEC environments, example outdoor play, physical development, care routines, partnership with parents - application to practice.			
Key principles of health protection and prevention of illness (week 9 & 10) Introduction to the elements involved in protecting children from illness, identifying common childhood illness, identification of appropriate treatment of common childhood illness, strategies to promote infectious control and hygiene in ECEC environments, prevention of cross contaminations underpinned by HACCP guidelines, policies and procedures etc. Introduction to CA assessment, question & answers.			
Recognising and Measuring child health, nutrition and wellbeing (week 11 & 12) The importance of recognising children's health, nutrition and wellbeing. The effects of measurement on a quality early year environment. Environmental level indicators, social and emotional indicators, food and nutrition indicators etc.			
Summarising and revision. n/a			
Assessment Breakdown			%
Coursework			50.00%
End of Module Assessment			50.00%
Assessments			
Full Time			
Coursework			
Assessment Type:	Continuous Assessment	% of total:	50
Assessment Date:	n/a	Outcome addressed:	1,3
Non-Marked:	No		
Assessment Description: Design a healthy nutritious menu for children aged 6 months to 3 years or 3 years to 6 years for a period of one week. Students should include a rationale for their menu. A discussion of the advantages of healthy eating on early childhood education and care should be included. In addition, supporting evidence and current research must be included.			
End of Module Assessment			
Assessment Type:	Terminal Exam	% of total:	50
Assessment Date:	End-of-Semester	Outcome addressed:	1,2,3,4,5
Non-Marked:	No		
Assessment Description: Short answer questions examining the learning of concepts and their application.			
No Workplace Assessment			
Reassessment Requirement			
Repeat failed items <i>The student must repeat any item failed</i>			
Reassessment Description Students must pass all components of assessment on the module; a component fail leads to a component repeat.			

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Module Workload				
Module Target Workload Hours 0 Hours				
Workload: Full Time				
Workload Type	Workload Description	Hours	Frequency	Average Weekly Learner Workload
Lecture	Lecture	36	Per Semester	3.00
Independent Learning	Independent Learning	178	Once per semester	14.83
Workbased learning	Workbased Learning	36	Once per semester	3.00
Total Weekly Contact Hours				6.00

Module Resources	
<i>Recommended Book Resources</i>	
CECDE. (2006), <i>Síolta the National Quality Framework for Early Childhood Education</i>, CEDCE, Dublin. Department of Children and Youth Affairs. (2014), . <i>Better Outcomes, Brighter Futures: The National Framework for Children and Young People, 2014-2020</i>, DoCYA, Dublin. Musgrave, J. (2017), <i>Supporting children's health and wellbeing</i>, SAGE Publications, Los Angeles. National Council for Curriculum & Assessment. (2009), <i>Aistear: The Early Childhood Curriculum Framework</i>, NCCA, Dublin.	
<i>Supplementary Book Resources</i>	
Rose, J., Gilbert, L., & Richards, V. (2015), <i>Health and well-being in early childhood</i>, SAGE, London.	
<i>This module does not have any article/paper resources</i>	
<i>This module does not have any other resources</i>	
Discussion Note:	