

Module 3

Physical Health and Well-being and Beyond the Basics – Best Practices

Description:

Session 1: Students will explore the developmental domains of physical health and well-being and utilizing the Best Practices section of the Guidelines. The first session will provide information on supporting children’s health through physical activity and nutritional practices. The correlation between children’s physical wellbeing, health and motor development and school readiness will be discussed along with strategies to promote obesity prevention.

Session 2: Students will review and strategize the use of the section of the Guidelines: *Beyond the Basics: Best Practices*. Students will review this section and select one final assignment (graded for college credit, rated for CEUs, not graded or reviewed by instructor for self-study – peer review is suggested) based upon primary caregivers and continuity of care, interactions, progress reports, supporting language development, behavior guidance, physical activity and obesity prevention, partnerships with families, or meeting the needs of diverse learners. The course will conclude with a final project (see Module 3, Session 2).

Achievement Based Outcomes:

During Module 3, students will:

1. Analyze current perceptions and practices and areas of growth regarding infant and toddler care and education.
2. Integrate new knowledge into work with infants, toddlers, peers, and families.
3. Select learning experiences which support children’s unique strengths and characteristics including children with special needs, children with developmental delays, and dual language learners.
4. Plan activities that support the physical development of all children including those with special needs, physical limitations, or developmental delays.
5. Analyze current nutritional practices and identify activities to promote healthy eating while supporting children with special needs, delays, or dietary needs.
6. Identify and share community resources with peers and families.
7. Articulate the continuum of learning that links early education and care to later success in school and in life by aligning the Early Learning Guidelines for Infants and Toddlers, Guidelines for Preschool Learning Experiences, and the Kindergarten Frameworks.

Course Completion & Culminating Activity:

1. Apply new knowledge learned to work with infants, toddlers, peers, and families.
2. Assess professional development needs and conduct research to increase knowledge.