

HE 262: Children's Health, Nutrition & Safety

Explores current health and safety issues for infants and young children. Issues examined include childhood illnesses and ailments, nutrition, obesity, stress, safe environment, self-esteem and general first aid.

This course is designed to assist individuals who through their profession and/or personal lives are involved with the care of young children. Upon satisfactory completion of this course the student will have a greater understanding of current children's health issues and how to promote a healthful lifestyle for young children.

This course will present current issues in children's health, including recognition and treatment of common childhood illnesses and ailments, dental health, child abuse, nutrition, health, safety and accident prevention. Child care providers will be encouraged to see themselves as health educators and promoters of children's health.

Credits: 3

Prerequisites: Audit available.

Program: [Health](#)

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