

CHLD 202: Health, Safety & Nutrition for the Young Child – Discussion Questions

The following questions are suggested for use within an online discussion board. They could also be incorporated into a traditional classroom environment.

Discussion Board 1 – I Am Moving, I Am Learning

You will need the following two resources for this post.

- Head Start. (2012). *I am Moving, I am Learning: A proactive approach for addressing childhood obesity in Head Start children*. Available from http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/imil/imil_report.pdf
- Hill, C. and Campos, M. (2012). *I am moving, I am learning: a proactive approach for addressing childhood obesity in Head Start Children* [slide show]. Available from <http://caheadstart.org/2012HI/CHill.pdf>

"I Am Moving, I Am Learning (IMIL)" is an initiative of the Office of Head Start designed to address the increase in childhood obesity among Head Start children. This initiative stresses the interrelatedness of mind and body.

After you have gone to the Hill and Capos site and reviewed the research provided on the slide show, go to the Head Start link, view the video, read the testimonials, and of course follow any links that look interesting to you.

For this discussion, share what you have learned about the "I am Moving, I am Learning" initiative and why its mission is important. What are the goals and core values of the program? What components should be implemented in other early childhood programs? Why? What is MVPA and how much is needed each day for every child? What outcomes for the children and for themselves were reported by the teachers who have been using the program?

Discussion Board 2 – Impact of Health on Learning

On page 40 your text brings up the issue of the impact health has on learning. The author links high drop-out rates to "undiagnosed health problems, such as vision and hearing impairments, allergies, asthma, and anemia, which interfere with their ability to learn and perform adequately in school." (Marotz, 2012, p.40) All of these health problems can surface during the early years.

For this post please address the 3rd bullet from your text:

What right does a teacher have or should a teacher have to insist that children receive treatment for their health problems? Provide rationale for your opinion. Would your response be similar for mental health and dental health issues as well?

Discussion Board 3 – Chronic Illnesses

The following resources are designed to help children learn about chronic medical conditions:

Childhood Cancer

- American Childhood Cancer Organization. (2012). Just for kids. Available from <http://www.acco.org/Information/ForKids/ForKids.aspx>
- American Childhood Cancer Organization. (2012). Free books for families of children with cancer. Available from <http://www.acco.org/Information/Resources/Books.aspx>

Asthma

- AstraZeneca. (2004). Bubbliboo. Available from <http://www.bubbliboo.com/>

Medical Problems of Children

- Fleitas, J. (2009). Bandaides and Blackboards. Available from <http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/>

Serious Health Problems of Children

- Nemours Foundation. (2012). KidsHealth Health Problems. Available from http://kidshealth.org/kid/health_problems/index.html

Select one of the above resources to study in detail (in the case of Kids Health it may be only a portion of the resource) and decide how it could be used with young children, their families, or their classmates. Then share ideas with your classmates about how they might use the resource. You might want to research and find additional resources. If so, post the links so that your classmates can easily benefit from your research.

Discussion Board 4 – High Quality Child Care

You will need the following resource for this post.

- National Association for the Education of Young Children. (2012). NAEYC for Families. *Quality Child Care Matters NAEYC Accredited Programs The Right Choice for Kids*. Available from <http://families.naeyc.org/>

After reading Chapter 7, explore the NAEYC family web site. On the right side you will find links to “Quality Child Care Matters NAEYC Accredited Programs Right Choice for Kids.” Explore the links – “What to Look for in a Program” (<http://families.naeyc.org/what-to-look-for-in-a-program>) and “Signs of Quality” (<http://families.naeyc.org/accredited-article/10-naeyc-program-standards>). This information is intended for families concerned with the quality of child care. The 3rd link “Search for an Accredited Program” helps locate accredited programs and you may find it interesting to research communities where you might work someday

Using the information provided on these pages, prepare a list of factors families need to look for when they want to select a quality early childhood education program. Then share your list with your classmates, as well as ideas on how to share this information with families.

Discussion Board 5 – Inclusive Outdoor Learning Environments

You will need to do some research for this post. Do a search to learn about how playgrounds can be modified for children with disabilities. Here are a few sites that you might use:

- Atmakur, Sruthi. (N.D.). UNICEF. The State of the World's Children 2013: Children with Disabilities. *Focus: Playgrounds of Inclusion*. Available from http://www.unicef.org/sowc2013/focus_playgrounds_of_inclusion.html

And an easy read version of the report is available at:

- UNICEF. (2013). *The State of the World's Children 2013: A report about children with disabilities around the world- What needs to happen*. Available from http://www.unicef.org/sowc2013/files/Easy_Read_5_June_SWCR_2013_Amend_1.pdf
- Sahlin, Erik. (2012). No Camels – Israeli Innovative News. *Friendship Park: A playground for children with disabilities*. Available from: <http://nocamels.com/2012/02/friendship-park-a-playground-for-children-with-disabilities>
- Shane's Inspiration. (2013). *Shane's Inspiration*. Available from: www.shanesinspiration.org
(This one has connections to the Clinton Global Initiative and a great magazine)

Consider what you have learned in the articles about creating accessible, inclusive outdoor environments for young children. Then, visit an outdoor environment near you and evaluate the environment for its ability to support accessibility and inclusion.

What do you see as this particular environment's strengths in terms of supporting accessibility and inclusion? What do you see as the environments major challenges? What inspired you in your research? What might be possible to replicate for this particular site? In general, what do you think are major benefits and obstacles to ensuring that all outdoor environments are inclusive and accessible?

Discussion Board 6 - Obesity

You will need the following resource for this post:

- United States Department of Agriculture. (2011). *Let's Eat for the health of it: Choose My Plate Brochure*. Available from <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>
- Center for Disease Control. (2012). *Winnable Battles: Nutrition, physical activity and obesity*. Available from <http://www.cdc.gov/WinnableBattles/Obesity/index.html>

Study the brochure for the new My Plate Food Guidelines. This system is a revised version of the previous food pyramid system created in response to research and growing public concern over obesity, which has been deemed a "Winnable Battle" by the Center for Disease Control. Review the website "Winnable Battles: Nutrition, Physical Activity, and Obesity."

Using information from these resources, outline five ways that the battle with obesity can be won. What specific changes can early childhood programs make to support healthy eating?

Discussion Board 7 – Feeding Issues

You will need the following resource for this post:

- Children's Disabilities Information. (n.d.). *Feeding Issues of Children*. Available from <http://www.childrensdisabilities.info/feeding/index.html>

The website “Feeding Issues of Children” outlines several potential challenges young children with disabilities may experience with feeding. Select one of the topics presented in the section “Feeding Articles” and provide a brief overview of this issue for your classmates. Include in your overview (1) why this issue is important; (2) the challenges children may experience; and (3) prevention and intervention strategies.

Discussion Board 8 – Jamie Oliver / Food Programs

You will need the following resource for this post:

- TED: Ideas Worth Sharing. (Feb. 2010). *Jamie Oliver’s TED prize wish: Teach every child about food* [video]. Available from http://www.ted.com/talks/jamie_oliver.html

Watch the Jamie Oliver video "Jamie Oliver's TED prize wish: Teach every child about food." Oliver names 6 specific things that schools can do to address the food epidemic problem. What are they? How can child care centers apply his advice? How could you, as a caregiver, use this resource to get families involved in their children’s nutrition education?