Unit One: Defining Health [CHW-1]

Unit One Essential Question:
How can a young child’s health and wellbeing be protected, maintained and improved in the ECE learning environment?

Unit One Description:
The unit will highlight detection and prevention of various childhood illnesses. Course participants will gain understanding of the responsibility of the classroom teacher in protecting, maintaining and even improving health of the young children in their classroom. Unit content will demonstrate how the early childhood educator is trusted with the well-being of many children as they become familiar with the symptoms of childhood illnesses and all applicable mandated regulations for health and wellness for early childhood education facilities. Participants will examine both communicative and non-communicative diseases and vaccination regulations. Lastly, course participants will research the history of and the recognized treatment plans for various childhood illnesses.

Unit One Rationale: Children’s health can be protected, maintained and improved in many ways during each day at the center. The best way to begin guiding children's health is by setting and following health policies. Policies might include requiring all children enrolled to have medical exams and immunizations. Teachers should have knowledge of various illnesses and diseases. Keeping the center sanitary is one important aspect of controlling the spread of disease.

Unit One Lessons

1. **Defining Health and Wellness**
   ⇒ **Essential Question:** What is the difference between health and wellness?

2. **Childhood Illnesses**
   ⇒ **Essential Question:** Why is it important to identify childhood illness in the ECE learning environment?

3. **Preventing Childhood Illnesses**
   ⇒ **Essential Question:** How can an early childhood educator help prevent the spread of illness in the early childhood learning environment?

4. **Sanitation In Disease Prevention**
   ⇒ **Essential Question:** What are the recommendations and regulations that ensure that the early childhood learning environment is sanitary at all times?