

Certificate/Diploma Course in Nanny Care (Early Childhood Care, Education and Nutrition)

Objectives

1. To learn about care of mother during pregnancy and after pregnancy.
2. To learn about child meals and feeding (including bottle-feeding for babies).
3. To learn different stages of child developments including Physical, Emotional and intellectual.
4. To learn about health hygienic and food nutrition value.
5. To prepare mother and child diet chart.

Duration of Course

1) Certificate: 6 months

2) Diploma: 12 Months

Eligibility: 10+2

Outline of the Course

Topics Covered under Certificate Course: Sr. No. 1,2 and 3.		
Topics Covered under Diploma Course: Sr. No. 1,2,3,4,5 and 6.		
Sr. no.	Paper	Credits
1.	Pre-natal and Post-natal care	06
2.	Child Development	06
3.	Practical	06
4.	Early Childhood Care and Education	06
5.	Nutrition and Meal Management	06
6.	Project Work/Field Visit/ On the Job Training	06

1. Pre-natal and Post-natal care

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Mother Care: Pregnancy, Discomforts, physical & psychological care. Growth & development during pre-natal period and immediate responsibilities of post-natal conditions.

Unit 2: Reflexes of new born child, Breast and Bottle feeding, Weaning / changing nappies and bathing.

Unit 3: Clothing of the Infant, Clinical follow-up of mother and child.

Unit 4: Common childhood illness (cold, cough, rubella, fever, measles, diarrhoea etc) & Prevention and management (Immunization schedule).

2. Child Development

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Child Development: Definition & Importance, Stages of child development. Principles and factor affecting the child development.

Unit 2: Theories of child development: Physical and motor development, factors affecting physical growth and motor skills.

Unit3: Emotional and social development: Definition, factors of emotional & social development during Infancy & Childhood, common childhood emotions, role of family & School in socialisation of child.

Unit 4: Speech and Play Development: Importance of speech & play development, factors affecting language development. Tasks how children learn to speak, Importance of selection of suitable toys and play material for the child, Common play activities for the child.

3. Practical

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

List of Practical (Based on Paper 1 & 2)

1. Care of the mother post-delivery.
2. Care of the baby after birth.
3. Feeding Practices:
 - a) Sterilization of Feeding bottles.
 - b) Preparation of formula milk.
4. Prepare Immunization schedule of infant.
5. Visit to nearby school and make growth chart of a specific sample size.
6. Prepare an Educational Toy suitable for a pre-school/ school going child.
7. Prepare a toy from best out of waste.
8. Preparation of Language Kits
9. Story telling techniques, Vegetable Cards, Alphabet Cards.

4. Early childhood care and education

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Quality of home environment for health & safety. Scope, objective and significance of early childhood education.

Unit 2: Prospective of early childhood education, Early childhood learning environment and stimulation at home and school.

Unit 3: Various teaching methods emphasizing play way method, project methods theme based approach and development of skills related to reading, writing and arithmetic.

Unit 4: Types of Preschool Programmes: Day-care centres / creches / pre-schools/ kindergartens, play groups and recreational play-centres. Non-formal pre-school education and its importance.

5. Nutrition and Meal Management

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Nutrition during Pregnancy and Lactation: Importance of nutrition during pregnancy, Effect of malnutrition on the woman and her fetus, planning of nutritious diet for pregnant woman, Diet of lactating woman.

Unit 2: Nutrition importance in breastfeeding, Complementary feeding, use of growth chart and malnutrition. Food preparation and various methods of cooking - Dry heat, moist heat, frying and microwave cooking. Effect of cooking on nutritive value of food. Normal and Therapeutic meals for common problems of children like cold, fever, and digestive problems. New trends in nutrition: Prebiotics and Probiotics, Nutritive values of fast food and junk-food, Significance of nutritional labelling.

Unit 3: Fats & Carbohydrates: Composition, classification, functions, food sources, requirement, deficiencies. Low and high carbohydrates and high calorie diet. Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies.

Unit 4: Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies. Vitamins and Minerals, macro and micro nutrients.

6. Project Work/Field Visit/ On the Job Training

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

1. A visit to a “model” early childhood educational centre to observe curriculum implementation, indoor and outdoor activities and equipment.
2. Preparation of curriculum calendar (for one academic session) daily time-table and Detailed activity plan (for each day).
3. Developing an educational kit for enhancing conceptual aspects among pre-school children.
4. Activities for enhancing language development in pre-school children.
5. Development of recipes for school children and preschool children.
6. Preparation of high protein & low calorie diet.
7. Preparation of Five recipes for enhancing nutritional value