

**Department:**

Sociology

**Course Description:**

This course will examine how children's mental health and wellness is affected by life events, culture, environment, biology, and relationships. The course will focus on how to create safe and nurturing learning environments and will study the impact that room arrangements, labeling, and comfortable settings have on children and caregivers. The course will explore strategies for working with families to create a healthy atmosphere for children and positive settings for children and families in child care. This course is instructor-led and interactive through discussion boards and assignments.

**Course Competencies:**

Upon completion of the course, the student should be able to:

1. Define mental health and describe how mental health affects children, families, and staff.
2. Explain the pathways to mental health and apply these pathways to creating a healthy child care environment for children, families, and staff.
3. Identify the steps to partnering with parents and list benefits for building strong relationships with families.
4. Identify methods for improving child care environments and explain the value and impact of labeling materials
5. Share ideas for creating comfortable, inviting spaces for children.

**Course Content:**

- A. Introduction
- B. The Power of Mental Health
- C. The Power of Partners
- D. The Power of Environment
- E. Recommended Resources
- F. Curriculum Developers

**Learning Assessments:**

Course competencies will be assessed by use of a pre-test, written assignments, and online posts and responses.

## Instructional Materials:

All instructional materials are provided in the online environment.

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:  
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.