

**Guelph Collegiate Vocational Institute  
Upper Grand District School Board**

Course Outline



**Department: Family Studies**

**Course Title: Raising Healthy Children**

**Course Type: Open**

**Grade: 11**

**Course Code: HPC 30**

**Credit Value: One**

**Department Head: Marsha Maharaj**

**Teachers: Lorene Wagner**

**Teacher email: (not mandatory)**

**Date of Development: 2013**

**Curriculum Document:** (copy subject-specific document from secondary curriculum website <http://www.edu.gov.on.ca/eng/curriculum/secondary/ssciences9to122013.pdf>)

**Course Prerequisites/Corequisites:**  
**None**

**Course Description:**

This course focuses on the skills and knowledge parents, guardians, and caregivers need, with particular emphasis on maternal health, pregnancy, birth, and the early years of human development (birth to six years old). Through study and practical experience, students will learn how to meet the developmental needs of young children, communicate with them, and effectively guide their early behaviour. Students will develop their research skills through investigations related to caregiving and child rearing.

**Term Work (70% of the final mark)**

**Unit Title, Big Ideas, and Unit Culminating Tasks**

Unit One-Preparation for Parenthood

Big Ideas-There are many factors to consider when deciding to have children.

There are many responsibilities required to be an effective parent.

Culminating Tasks-Unit Test, Parenting Interview

Unit Two-Preconception, Conception, Pregnancy and Child Development from Birth to Age 6

Big Ideas-Preconception and prenatal health are necessary for proper fetal growth.

There are many factors that contribute to the healthy development of children.

Parents and caregivers can assist children in reaching the major milestones in social, physical, emotional, cognitive and linguistic development.

Culminating Tasks-Unit Test, Baby Think it Over (electronic baby project), Preschool Activity

Unit Three-Effective Discipline and Parenting Styles

Big Ideas-There are different parenting styles and discipline techniques.

Methods used by parents will impact the growth and development of their children.

Various communication strategies have different results when interacting with children.

Culminating Tasks-Unit Test, Parenting Styles and Discipline Project

Unit Four- The Social and Legal Challenges of Parenting.

Big Ideas-Parents have legal and social obligations to their children.

There are many community programs and agencies available to support families.

Culminating-Unit Test, Cost of Baby

**Culminating Tasks/Exams (30% or the final mark)**

**Course Culminating Task/Exams and Description**

Final Exam (10%)

Culminating Task (20%)-Students will create a handbook for parents based on the big ideas of the course.

Based on the range of students' learning needs, a selection from the strategies listed below may be utilized. Refer to [list of teaching and assessment strategies](#).

**Teaching Strategies:**

Differentiated Instruction  
 Scaffolding  
 Explicit Instruction  
 Guided Instruction  
 Demonstration

**Assessment and evaluation strategies:**

Formative and summative assessment methods

**Textbooks/Learning Resource Materials (align with Policy 603)**

Parenting in Canada, (Nelson, 2003)  
 Parenting-Raising Healthy Children (McGraw Hill Ryerson, 2014)

**Fees for Learning Materials/Activities**

Learning Materials/Activities	Cost
None	

Please refer to the [GCVI Student Handbook](#) for our school policies on:

- academic integrity
- late and missed assignments