**NANNY COURSE CURRICULLUM**

**INTRODUCTION TO UTOPIAN HEALTHCARE NANNY COURSE**

**LECTURE 1: BACKGROUND AND BASICS OF CHILD CARE GIVING**

* State of health care delivery in Nigeria
* Who is a Nanny?
* Roles and responsibilities of a nanny
* Work ethics
* Rules of conduct of a child caregiver
* Client’s rights
* Child’s rights

**LECTURE 2: INTRODUCTION TO CHILD CARE**

* Child body structure and function
* Care needs of a child
* Body mechanics

**LECTURE 3: POSTPARTUM AND NEWBORN CARE**

* Postpartum care
* Episiotomy care
* Post-partum depression
* The newborn
* Diaper care
* Bathing a newborn
* Care of children
* Dressing
* Swaddling
* Feeding and burping
* Umbilical cord care
* Circumcision site care
* Crying and colic

**LECTURE 4: CHILD CARE AND MILESTONE**

* Infant
* Toddler
* Preschooler
* Middle childhood
* Young Teens
* Discipline/ Child behavior

**LECTURE 5: CHILD SAFETY ISSUES**

* Stranger awareness
* Medication administration
* Unhealthy parent habit
* Suspected abuse
* Neglect in childhood

**LECTURE 6: CHILD NUTRITION**

* Handling expressed breast milk
* Preparation of infant formula
* Signs of hunger in children
* Feeding a child with formula
* Food as a reward
* Developing good eating habit and avoiding poor eating habit
* Safe food preparation

**LECTURE 7: CHILDENS HEALTH**

* Daily health check
* Vital signs {T, P, R}
* Documenting, health wellness and medication
* Health and hygiene
* Infection prevention
* Cleaning, sanitizing, and disinfecting
* Hand washing
* Donning and removal of PPE

**LECTURE 8: COMMON HEALTH PROBLEMS AMOMG CHILDREN**

* Diarrhea
* Constipation
* Cough and cold
* Diaper rash
* Fever
* Vomiting
* Dental care
* Communicable disease
* Vaccination and immunization schedule
* Preventing spread of communicable disease
* Hand hygiene protocol
* Middle ear infections

**LECTURE 9: Special situations**

* Working with children with special needs
* Working with gifted children
* Working with divorced parents
* Dealing with death

**Test Tools:**

* Pretest
* Mid-course
* Final exam
* Skills checklist
* Worksheets

**Skills:**

* Vital signs - Temperature, Respiration and Pulse
* Infant bathing and grooming
* Umbilical cord care
* Handwashing
* Diaper care
* Circumcision site care
* Burping a baby
* Infant feeding
* Soothing a fussy/cranky child –