

## Principles of Healthy Child Development (PHCD) Outline

*This 7.5 hour course is for people providing direct leadership to children in middle childhood (ages 6 to 12). This session provides you with an approach that ensures a healthy experience for each child.*

<b>Section:</b>	1 – Introduction and Overview of HIGH FIVE®	<b>Time:</b>	45 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Understand the expectations for the training session</li><li>★ Contribute to and experience a positive and safe learning environment</li><li>★ Comprehend the overview of HIGH FIVE®</li></ul>		
<b>Section:</b>	2 – Healthy Child Development	<b>Time:</b>	55 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Recognize the relevance of the HIGH FIVE® messages and build understanding from one's own experiences.</li><li>★ Define and comprehend your role in enhancing the healthy development of children in programs.</li><li>★ Understand the principles and develop and categorize ways to put the principles into action.</li></ul>		
<b>BREAK</b>		<b>Time:</b>	15 minutes
<b>Section:</b>	3 – Environments the Foster Healthy Child Development (Part 1)	<b>Time:</b>	60 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Comprehend the three Design Guidelines, and their relationship to the five Principles of Healthy Child Development.</li><li>★ Define areas of control and decision making in relation to creating healthy program environments.</li><li>★ Apply knowledge to scenarios and begin the process of developing a child focused mental checklist.</li></ul>		
<b>MEAL BREAK</b>		<b>Time:</b>	60 minutes
<b>Section:</b>	4 – Environments the Foster Healthy Child Development (Part 2)	<b>Time:</b>	60 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Apply theory to the task of developing an activity plan</li><li>★ Brainstorm potential challenges to plan implementation and successfully address one challenge in the activity plan.</li><li>★ Review and improve activity plans based on peer feedback.</li><li>★ Make changes and choices based on your consideration of the Principles and Guidelines.</li></ul>		
<b>BREAK</b>		<b>Time:</b>	15 minutes



<b>Section:</b>	5 – Relationships that Foster Healthy Child Development	<b>Time:</b>	95 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Recognize the impact of all types of relationships on the child's experience</li><li>★ Understand the characteristics of positive relationships; learn tips from positive relationship development and maintenance.</li><li>★ Apply learning appropriately to scenario situations; develop ability to distinguish behaviours that contribute to healthy relationships from those that do not.</li><li>★ Understand and apply a problem solving model; recognize the importance of integrating the Principles and Guidelines into the problem solving process.</li></ul>		
<b>Section:</b>	6 – Conclusion	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"><li>★ Complete a self-assessment</li><li>★ Understand the role and function of the QUEST 2 and its relevance to the front line leaders.</li><li>★ Understand the organization's commitment to HIGH FIVE®.</li><li>★ Complete an Evaluation Form</li></ul>		

**If you are interested in attending or scheduling a PHCD workshop in BC please contact:**

Heather Muter, Parks and Recreation Program Coordinator

Phone: 604-629-0965, ex. 229 Fax: 604-629-2651

[hmuter@bcrpa.bc.ca](mailto:hmuter@bcrpa.bc.ca)

