

Course Definition

Children's health encompasses the physical, mental, emotional, and social well-being of children from infancy through adolescence. Most parents know the basics of keeping children healthy, like offering them healthy foods, making sure they get enough sleep and exercise and insuring their safety. This course is designed to teach you about children's health including the common diagnoses, treatments, and alternatives available.

Course Details

This course begins on June 10th. It runs for 16 weeks. It contains 16 lessons on the web. The files are in PDF format and are ready to download. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.

Early Bird June Special

Sign up for this course by June 1st and save \$50! Course cost if paid in full by June 1st is \$250. After June 1st the course cost is \$300. The course can be paid in full up-front, in two payments, or monthly (whichever is easier for you). It can be paid by check, credit card, or bank wire.

Special Double Course Discount

If you would like to take two courses at the same time, you can take them for a discount of \$100. Both courses you choose will cost \$500 instead of the regular price of \$600. Let us know if you want to take advantage of this special double course discount when you register.

Course Schedule:

- Session 1 Let's start at the Beginning: Birth, Birth Defects, Birth Injuries, and Tests at birth
- Session 2 Breastfeeding or Formula, Types of Formula, Mother's Diet, and Supplements
- Session 3 To vaccinate or not to vaccinate, Medical or Alternative
- Session 4 Illnesses: over-the-counter, prescription, or alternative treatments
- Session 5 Mood Changes and Food Allergies: When to move to a gluten free diet
- Session 6 How to discipline a child without losing their love: drill sergeants and helicopters
- Session 7 Dealing with temper tantrums, causes and tools
- Session 8 Teaching children to eat all types of foods/eating disorders
- Session 9 Stress: tools to help children deal with daily stress
- Session 10 School issues: socializing and communicating
- Session 11 Medical and Alternative treatments for learning disabilities: ADD, ADHD, Asperger's Syndrome, Autism, etc. Medical and Alternative views
- Session 12 Weight issues, playing outside and playing video games
- Session 13 When hormones kick in: Taking care of their own body
- Session 14 Sports: how to feed children based on protein/carb needs
- Session 15 Teen Issues
- Session 16 Final exam, Certification and evaluation: