

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.

Section:	1 – Introduction and Overview of HIGH FIVE®	Time:	25 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Understand the expectations for the training session ★ Contribute to and experience a positive and safe learning environment ★ Comprehend the overview of HIGH FIVE® 		
Section:	2 – Healthy Child Development	Time:	65 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Identify physical, cognitive and social development traits of children ages 6-12 ★ Determine leader's impact on child's experience 		
BREAK		Time:	10 minutes
Section:	3 – Principle 1: A Caring Adult	Time:	30 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Interact with children as A Caring Adult ★ Foster positive relationships in a recreation setting 		
Section:	4 – Principle 2: Friends	Time:	30 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Use strategies to help children make Friends ★ Plan activities that build on Diversity and Uniqueness 		
Section:	5 – Principle 3: Play	Time:	30 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Identify strategies for keeping Play in recreation and sport activities 		
MEAL BREAK		Time:	60 minutes
Section:	6 – Principle 4: Mastery	Time:	30 minutes
Expected Learner Outcomes:	<ul style="list-style-type: none"> ★ Support children to achieve success and a feeling of accomplishment ★ Find the Challenge Zone to maximize feelings of accomplishment and Mastery 		



Section:	7 – Principle 5: Participation	Time:	30 minutes
Expected Learner Outcomes:	★ Create program environments that maximize Participation		
BREAK		Time:	10 minutes
Section:	8 – Making it Happen: Activity Planning	Time:	45 minutes
Expected Learner Outcomes:	★ Create an activity plan based on HIGH FIVE® healthy child development Principles and Design Guidelines		
Section:	9 – Toolkit Part 1: Conflict Resolution	Time:	25 minutes
Expected Learner Outcomes:	★ Resolve conflict through a child-centred approach		
BREAK		Time:	10 minutes
Section:	10 – Toolkit Part 2: Bullying	Time:	25 minutes
Expected Learner Outcomes:	★ Address bullying with appropriate interventions		
Section:	11 – Conclusion	Time:	25 minutes
Expected Learner Outcomes:	★ Understand the role and function of the QUEST 2: Observing the Child's Experience and its relevance to front line leaders. ★ Understand the organization's commitment to HIGH FIVE®.		

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

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