

## **Syllabus for the post of Preparatory Teacher:**

### **Organising Child Care Services:**

#### **Block-1 : Introduction to Child Care and Development**

- Unit 1 : The Experience of Childhood
- Unit 2 : Basic Concepts in Child Development
- Unit 3 : The Principles of Development
- Unit 4 : The Needs and Rights of Children
- Unit 5 : The Importance of Play in Development

#### **Block-2 : The Child : Development in the First Twelve Months**

- Unit 6 : Prenatal Development and Care
- Unit 7 : Physical, Motor and Sensory Development
- Unit 8 : Cognitive Development : The Emergence of Thought
- Unit 9 : Language Development : The Learning to Speak
- Unit 10: Socio-Emotional Development : The first Relationships
- Unit 11: Play Activities for Fostering Development

#### **Block-3 : The child : Development During Toddlerhood (13-36 months)**

- Unit 12: Physical and Motor Development: Increase in Mobility and Control
- Unit 13: Cognitive Development : Towards Mental Representation
- Unit 14: Language Development : From Words to Sentences
- Unit 15: Socio-Emotional Development : Expanding Relationship and the Emerging Self
- Unit 16: Play Activities for Fostering Development

#### **Block-4 : The Child : Development Preschool Years (3-6 years)**

- Unit 17: Development of Physical Strength and Motor Coordination
- Unit 18: Development of Cognitive Abilities and Understanding Concepts
- Unit 19: Enhancing Language Skills
- Unit 20: Social Relationships and Child Rearing

#### **Block-5 : Play Activities for Preschoolers-I**

- Unit 21: Play Activities for Movement and Mobility
- Unit 22: Exploring the Environment
- Unit 23: Play Activities for Developing Cognitive Abilities and Some Concepts
- Unit 24: Furthering Language

#### **Block-6 : Play Activities for Preschoolers-2**

- Unit 25: Fantasy, Story Telling and Dramatization
- Unit 26: Art for Children
- Unit 27: Rhythm: Music and Movement
- Unit 28: Nurturing Creativity

#### **Block-7 : Organizing Child Care Services**

- Unit 29: Child Care Services in India
- Unit 30: Planning the Curriculum
- Unit 31: Setting-up and Running the Centre
- Unit 32: Involving the Family and the Community

Unit 33: Evaluation

## **Child Health and Nutrition**

### **Block 1 Introduction to Nutrition**

Unit 1 The Concept of Nutrition

Unit 2 The Concept of Health

Unit 3 Indicators of Health

### **Block 2 Basic Concepts in Nutrition and Health**

Unit 4 The Macronutrients-1: Carbohydrates & Water

Unit 5 The Macronutrients-2: Proteins & Fats

Unit 6 The Micronutrients-1: Vitamins

Unit 7 The Micronutrients-2: Minerals

Unit 8 Planning Balanced Diets

### **Block 3 Nutrition and Health Care during pregnancy and lactation**

Unit 9 Meal Planning for pregnant and Lactating Women

Unit 10 Health Care during Pregnancy

Unit 11 Health Care during Intranatal and Postnatal Periods

### **Block 4 Nutrition and Health Care during Infancy and Early Childhood**

Unit 12 Nutrition during Infancy

Unit 13 Nutrition during Early Childhood

Unit 14 Health Care of the Child

### **Block 5 Nutrition Related Disorders in Early Childhood**

Unit 15 Major Deficiency Diseases-1: PEM & Xerophthalmia

Unit 16 Major Deficiency Diseases-2: Anaemia & Iodine Deficiency

Disorders

Unit 17 Other Nutritional Disorders

### **Block 6 Nutrition and Health Programmes**

Unit 18 Major Nutrition Programmes

Unit 19 Major Health Programmes

Unit 20 Assessment of Nutritional Status

### **Block 7 Common Childhood Illnesses, Their Prevention & Management-**

Unit 21 Caring for the Sick Child

Unit 22 Some Disorders of the Alimentary System

Unit 23 Some Disorders of the Respiratory System

Unit 24 Some Infections of the Mouth and Throat

Unit 25 Some Problems of the Eyes

### **Block 8 Common Childhood Illnesses, Their Prevention & Management-2**

Unit 26 Common Diseases of the Skin

Unit	27	Common Problems of the Ears
Unit	28	Fevers
Unit	29	Lumps and Swellings
Unit	30	First Aid

## **Services and Programmes for Children**

Block-1: Services for Children

Unit 1 Early Childhood Care and Education in Perspective

Unit 2 Some Theoretical Orientations in Early Childhood Education

Unit 3 Organizations for Children

Block-2: Children with Special Needs-1

Unit 4 Introduction to Special Needs

Unit 5 Services for Special Children

Unit 6 Helping Parents Cope

Block-3: Children with Special Needs-2

Unit 7 Children with Mental Retardation

Unit 8 Children with Physical Disabilities

Unit 9 Children with Behavioural Problems

Unit 10 Children with Visual Impairment

Unit 11 Children with Hearing Impairment

Block-4: Communicating with Parents and the Community

Unit 12 Concept of Communication

Unit 13 Some Methods of Communication

Unit 14 Some Strategies in Communication

Unit 15 Some Communication Aids

Unit 16 Some Themes and Messages in ECCE

Block-5: Managing Children's Programmes: Some Perspectives

Unit 17 Basics of Management

Unit 18 Obtaining Funds and Formulating a Budget

Unit 19 A Case Study – ICDS Programme

Unit 20 A Case Study – Mobile Creches

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**Project Work: Working With Young Children in a Child Care Setting**