Child Health & Nutrition Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Child health and nutrition are the foundation of sustainable community development, early childhood growth, and lifelong wellness. With increasing concerns about child malnutrition, stunting, micronutrient deficiency, childhood obesity, infant mortality, food insecurity, and poor immunization coverage, there is a growing demand for skilled professionals who can address modern pediatric health challenges. Child Health & Nutrition Training Course is designed to equip learners with advanced knowledge in maternal and child nutrition, growth monitoring, child development, disease prevention, breastfeeding management, therapeutic feeding, and public health nutrition strategies. The course integrates evidence-based practices aligned with global standards from UNICEF, WHO, and public health institutions.

This industry-focused training program emphasizes practical learning, community engagement, and real-world case studies to prepare participants for careers in childcare, nutrition counseling, healthcare support, school health programs, pediatric wellness, community nutrition, and NGO health initiatives. Participants will gain expertise in nutrition assessment, balanced diet planning, child psychology, immunization awareness, hygiene promotion, anemia prevention, digital health monitoring, and nutrition intervention programs. The curriculum is designed to meet the rising demand for professionals in the fields of public health, pediatric nutrition, preventive healthcare, and early childhood care education.

Programme Curriculum

Child Health & Nutrition Training Course

Introduction

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Course Duration

5 days

Course Objectives

After completing this training course, participants will be able to:

1. Understand the fundamentals of child health, pediatric nutrition, and early childhood development.
2. Identify causes and prevention methods for malnutrition, stunting, wasting, and micronutrient deficiencies.
3. Apply effective strategies for breastfeeding counseling and infant feeding practices.
4. Conduct growth monitoring and nutrition assessment using modern tools.
5. Develop balanced diet plans and therapeutic nutrition programs for children.
6. Promote immunization awareness, disease prevention, and child wellness programs.
7. Understand the role of maternal nutrition in child health outcomes.
8. Implement community nutrition interventions and school health initiatives.
9. Address issues related to childhood obesity, anemia, and lifestyle disorders.
10. Improve knowledge of food safety, hygiene, and sanitation practices.
11. Utilize digital health technologies and nutrition tracking systems.
12. Strengthen skills in nutrition counseling, communication, and behavior change strategies.
13. Analyze real-life public health case studies and nutrition program success models.

Target Audience

1. Nutritionists and Dieticians
2. Nurses and Healthcare Assistants
3. Childcare and Daycare Professionals
4. Public Health Workers
5. Teachers and School Health Coordinators
6. NGO and Community Development Staff
7. Parents and Caregivers
8. Students pursuing Healthcare, Nutrition, or Child Development careers

Course Modules

Module 1: Fundamentals of Child Health & Nutrition

- Introduction to pediatric health and wellness

- Stages of child growth and development
- Essential nutrients for children
- Child nutrition lifecycle approach
- Global child health challenges
- **Case Study:** Analysis of childhood malnutrition trends in low-income communities.

Module 2: Maternal & Infant Nutrition

- Maternal nutrition during pregnancy
- Exclusive breastfeeding practices
- Complementary feeding guidelines
- Infant growth requirements
- Nutrition for newborn care
- **Case Study:** Improving breastfeeding outcomes through maternal counseling programs.

Module 3: Growth Monitoring & Nutrition Assessment

- Growth charts and BMI interpretation
- Anthropometric measurements
- Nutrition screening tools
- Identifying undernutrition and obesity
- Child development indicators
- **Case Study:** Early detection of stunting using community growth-monitoring systems.

Module 4: Micronutrients & Disease Prevention

- Iron, vitamin A, iodine, and zinc deficiencies
- Anemia prevention strategies
- Immunization and child immunity
- Nutrition-related infections
- Preventive pediatric healthcare
- **Case Study:** Reducing anemia rates through school nutrition supplementation programs.

Module 5: Child Feeding & Therapeutic Diet Planning

- Balanced meal planning for children
- Therapeutic feeding approaches
- Managing picky eating behaviors
- Nutrition during illness recovery
- Special dietary needs for children
- **Case Study:** Therapeutic nutrition interventions for severely malnourished children.

Module 6: Hygiene, Food Safety & Sanitation

- Safe food preparation practices
- Water sanitation and hygiene (WASH)
- Prevention of foodborne illnesses
- Personal hygiene education
- Environmental health for children
- **Case Study:** Impact of hygiene education on reducing diarrheal diseases in schools.

Module 7: Community Nutrition & Public Health Programs

- Community-based nutrition programs
- School health and feeding initiatives
- Nutrition awareness campaigns
- Child protection and wellness policies
- NGO and government health interventions
- **Case Study:** Successful implementation of community nutrition outreach programs.

Module 8: Digital Health, Counseling & Emerging Trends

- Digital nutrition monitoring tools
- Telehealth and pediatric nutrition
- Child psychology and counseling skills
- Behavior change communication
- Emerging trends in child wellness and nutrition
- **Case Study:** Using mobile health applications to improve child nutrition tracking.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com