

Chapter 1 : HiMama - Health, Safety, and Nutrition in Early Childhood Education

HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 9th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children--and guides teachers in implementing effective classroom practices--in one comprehensive, full-color volume.

Solutions for Teen Obesity Children, like adults, need to practice good habits for optimum health. Teaching and modeling such behaviors can help your child embrace them for life. Children need to establish the same healthy habits as adults, and sometimes to a greater extent. For example, to prevent skin damage and cancer, you should wear sunscreen if you will be spending time outside. Your young child has very sensitive skin and will need an SPF of at least 15, with diligent reapplication every two hours. Health Just as you should get a physical annually, your child needs regular well check-ups. The American Academy of Pediatrics has a recommended well-child care visits schedule. Vaccinations are administered at the checkups, preventing serious diseases like polio, botulism, and tetanus, which can cause irreparable damage. Children ages 2 to 8 need 2 cups of low-fat milk--or the equivalent of yogurt or cheese--per day for calcium and vitamin D, but juice should be limited due to its high sugar content. Encourage your child to drink water regularly--a healthy habit to develop early in life. Another good habit is eating a variety of fruits and vegetables daily. Choosing whole grains as much as possible over refined ones will give your child more nutrients and fiber. Make an effort to avoid foods that are processed, high in sugar or high in saturated fat, all of which can increase risks for health problems such as diabetes. Safety Young children are notorious for getting into everything. Baby-proof your home thoroughly and vigilantly observe your child as she plays to avoid injuries. Exercise great caution around swimming pools and water in general; children can drown in less than 2 inches of water. When small children start eating solid foods, they should be soft and cut into very small pieces to avoid choking. Injuries sustained in automobile accidents are a leading cause of death among young children; therefore, car seats are a necessity for babies and toddlers. Have a professional check to ensure that the seat is installed properly. Important Points to Remember If you instill good habits in your child at an early age, chances are that they will continue these behaviors for years to come. Include your child in shopping for healthy foods, choosing an activity that will get her heart pumping, and applying sunscreen to protect her from the sun.

Chapter 2 : Health, Safety, and Nutrition for the Young Child - Lynn Marotz - Google Books

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Get Full Essay Get access to this section to get all help you need with your essay and educational issues. The toys you select for your young child affect his development. Observe the skills he is currently learning, such as fine motor skills, letter recognition, counting, self-care and language development, as a guide for selecting toys that enhance those skills. Age Recommendations Most toy and game packaging includes a recommended age range. The age range is only a suggestion based on average child development. Use the information on the box as a general guide for narrowing down toy options. Read any printed warnings or safety precautions that are also listed on the package to determine if there is an additional risk that would make the toy inappropriate for your child. Parts The parts of a toy are a major factor when buying for young children. Even toddler and preschoolers still put objects in their mouths if the pieces are small enough. One simple test is to drop the small parts through a paper towel tube. If the toy fits through the tube, it is dangerous for young children. Inspect all components of the toy to determine if it contains small parts that present a choking risk. Toys often contain accessories to go along with the main item that are smaller in size. Look at the quality of the toy construction, especially if the toy has small parts attached to it. Poor construction increases the risk of a small part popping off while your child plays with the toy. Educational Value Toys bring children enjoyment, but they are also able to provide educational value for your young child. Choose toys that allow him to practice developmental skills he is currently working on. Visualize how your child would play with the toy to determine the educational value it offers. Violence Many toys carry a violent theme, particularly in the form of weapons. Many action figures include attached weapons or promote fighting. Replicas of actual weapons also encourage a violent nature. These toys may encourage your child to act more aggressively when playing with them. Consider if you want your young child exposed to these aggressive toys. With so many toys to choose from for your little one, it is important to select a toy that is safe, age-appropriate, promotes healthy development and encourages positive behavior. Be sure to read warning labels on toy packaging and show your child how to correctly use the toy. Open-ended toys such as building blocks encourage logical thinking skills. More essays like this:

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Chapter 4 : Health, Safety, and Nutrition for the Young Child | Essay Example

Discuss how health, safety, and nutrition are interrelated. Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

Chapter 5 : Health Safety & Nutrition for Young Children | Healthfully

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