Safety, Nutrition and Health in Early Education

Å For students who want to become
  o Preschool teachers
  o Elementary school teachers
  o Family child care providers
  o Nannies
Holistic Approach to Early Childhood Education

The Environment
- Physical
- Social and Emotional
- Cultural
- Economic
Holistic Ecological Approach
Health Promotion, Protection and Prevention

- Knowledge of developmental aspects and issues help to promote, protect, and prevent risk for children.

- Teachers need to establish and maintain a healthy environment:
  - Using an holistic approach
  - Being aware of organizations that help promote well-being and prevent harm:
    - National Health and Safety Performance Standards for Child Care
    - National Association for the Education of Young Children
    - Early Childhood Environmental Rating Scales
Risk and Risk Management of Children’s Well Being

- A risk is defined as a chance or gamble that is often accompanied by danger.
- The key is to be PROACTIVE not REACTIVE.
Risk and Risk Management of Children’s Well Being

Teachers need to use:
- Health promotion
- Safety protection
- Nutrition education
Six Goals for Providing High Quality Child Care

Goal One ➔
Maximizing health status of children
Goal Two ➔
Minimizing risk to health, safety and well-being of children
Goal Three ➔ Using education as a tool to promote health and reduce risk
Goal Four

Recognizing importance of guidelines, standards and laws as they apply to the well-being of children
Å Goal Five ➔
Practice cultural competence
Goal Six ➔ Develop partnerships with families to provide a caring community
What is a Quality Early Childhood Education Environment?

Teachers:
- have adequate training in child development, health and safety
- provide sensitive, responsive care
- have skills to communicate with parents and promote nurturing
- are competent with diverse cultural and language background of children
- are adequately compensated
What is a Quality Early Childhood Education Environment?

An environment that:
- allows for good health and safety
- provides good working conditions for caregivers
- has adequate child to caregiver ratio
- has toys and equipment that are age and developmentally appropriate
- provides adequate nutrition and food safety if providing meals and snacks
Quality in early education can be reflected in the practices of the teachers.
Constructing Curriculum for Quality Early Childhood Education Environments

• Provide mechanism for teaching children

• Includes a number of elements

• Should offer several important qualities including flexibility
Constructing Curriculum for Quality Early Childhood Education Environments

- Reggio Emilio approach
- Investigation of information
  - Gaining knowledge through project-based learning by doing
Constructing Curriculum for Quality Early Childhood Education Environments

Å Project steps
  o One = interest or idea
  o Two = development
  o Three = conclusion

Å Co-constructive curriculum
Constructing Curriculum for Quality Early Childhood Education Environments

- Regular curriculum
  - Theme based
- Has objectives and outcomes
  - Age and developmentally appropriate