Health

Reasons to foster healthy lifestyles in young children:

1. “Preschool education about health can begin a lifelong process of learning about oneself, relationships to others, and the world.”

2. “Preschool children’s experiences with their health and ways to improve it . . . enhance their desire and ability to make healthy decisions throughout their lives.”
Health

- Did any of you choose the same sentences?
- Were there others that you considered?
- When you hear all about all three paragraphs, what does it suggest about helping young children develop health-promoting habits?

The strands defined, include:

- **Health Habits**: focuses on basic hygiene, oral health, knowledge of wellness, and safety in the sun. Learning occurs primarily in the context of the children’s daily routines.
- **Safety**: promotes children’s safety awareness. It addresses children’s ability to follow safety rules, emergency routines, and transportation and pedestrian safety rules.
- **Nutrition**: focuses on children developing healthy eating habits.
Health

**Health Habits**
- Substrand 1.0  Basic Hygiene
- Substrand 2.0  Oral Health
- Substrand 3.0  Knowledge of Wellness
- Substrand 4.0  Sun Safety

**Safety**
- Substrand 1.0  Injury Prevention

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Nutrition

**Nutrition**
- Substrand 1.0  Nutrition Knowledge
- Substrand 2.0  Nutrition Choices
- Substrand 3.0  Self-Regulation of Eating
Health

*California Preschool Curriculum Framework, Volume 2*

- Domain Guiding Principles (pp. 227–228)
- Environments and Materials (pp. 229–231)
- Summary of the Strands and Substrands (pp. 231–232)
- Strands (pp. 233, 252, 262)
- Substrands (pp. 234, 238, 241, 246, 253, 263, 267)
- Research Highlights (pp. 230, 234, 235, 246, 253, 257, 262, 270)

Engaging Families (pp. 250, 260, 274)

- Questions for Reflection (pp. 251, 261, 275)
- Vignettes and teachable moments for each strand
- Interactions and strategies for each strand
- Teacher Resources (pp. 278-279)
Health

Review:


- Appendix of the *California Preschool Learning Foundations, Volume 2* on pages 111–112, which is a summary of the strands, substrands, and foundations for the health domain.

The **foundations** are the **what**: goal-like statements that describe what children typically learn and develop with optimal support.

The **curriculum framework** is the **how**: provides guidance for how teachers can intentionally support this learning and development.
Health

- What stood out for you when you looked at the organizational charts of the health domain?
- What surprised you? Which sub strand had elements that were the most familiar to you? The most unfamiliar?
- What patterns did you see in the organizational structure of the domain?
- How might you use this organizational chart of the domain as a reference for your work in planning health environments and learning experiences for children?

Guiding Principles

- Health knowledge if individualized.
- Preschool children and their families possess diverse backgrounds and cultural practices.
- Learning about health practices has a language component.
- Children’s personal health status affects their ability to learn and develop in all domains.
Guiding Principles

- The overall theme of health education for preschool is personal health.
- Children learn through their experiences, including play, routines and scripts, modeling, and developing sustaining relationships at preschool.
- Practicing *scripts*, or behavioral rules, can foster development of certain health-promoting behaviors or skills.

- The preschool program provides both indoor and outdoor environments that are safe and appropriate, challenging, and inviting for all children.
- Teachers help children feel secure by assuring them that there are adults who will take care of them.
• In one or two sentences, state what was the most memorable thing you learned about the health domain.
• What was new information or unfamiliar in this domain?
• Are there topics in this domain that you need or want to find out more about?
• How can you do that?
• How will this affect your work with young children now or in the future?