

Child Care Training and Resource Kit

Integrating Health, Safety, and Nutrition Into the Classroom

Overheads

**Integrating Health and Nutrition
into
Early Childhood Classrooms**

**Developed by Healthy Kids
Northwest, LLC
Jan Gross, Peggy King,
Cathie Paul**

The Philosophy of Health Promotion in Early Childhood Programs

- A commitment to wellness embraces a comprehensive vision of health for children, families and staff. The vision strives to ensure that:
- All child health and developmental concerns are identified
- Children and families are linked to a continuous, ongoing source of health care
- Children develop habits and attitudes about physical, emotional and nutritional health and safety through a variety of experiences.

Outcomes

- **Progresses in physical growth, strength and flexibility.**
- **Participates actively in games, outdoor play and other forms of exercise that enhance physical fitness.**
- **Shows growing and independence in hygiene, nutrition and personal care when eating, dressing, washing hands, brushing teeth and toileting.**
- **Builds awareness and ability to follow basic health and safety rules, such as fire safety, traffic and pedestrian safety, and dealing with potentially harmful substances.**

Ways to Integrate Health into the Classroom

- **Through Lesson Plans and Inclusion in the Curriculum**
- **Through daily activities**

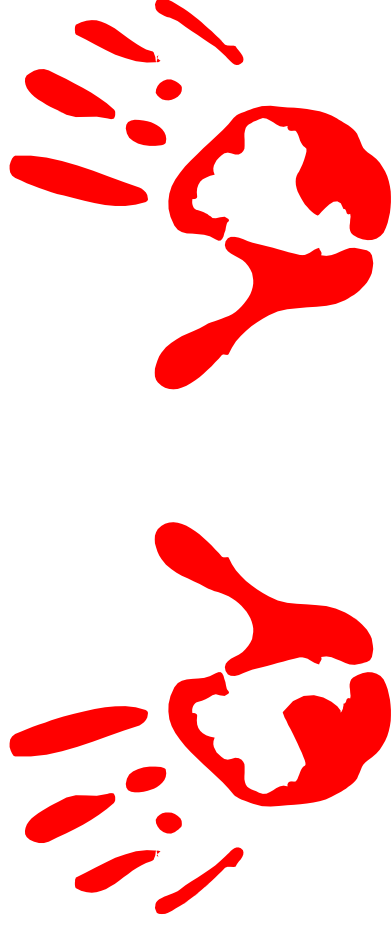
What do kids need?

**What to do to assure that kids get
what they need?**

Activities:

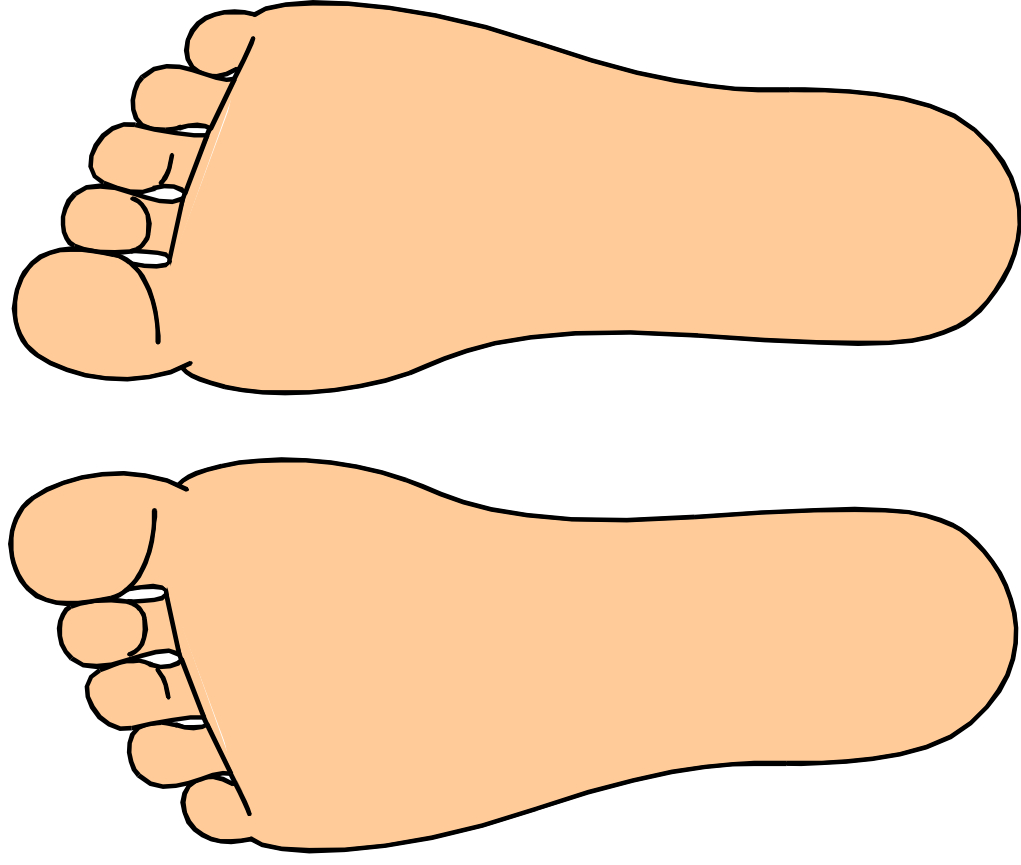
Topics

- Senses:
- Touch
- Smell
- Taste
- See
- Hear



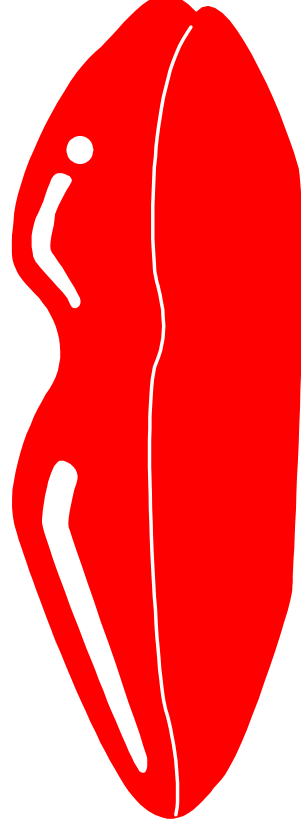
Touch

- Music/Movement
- Large Muscle
- Art
- Science
- Fine Muscle
- Language
- Special Activities



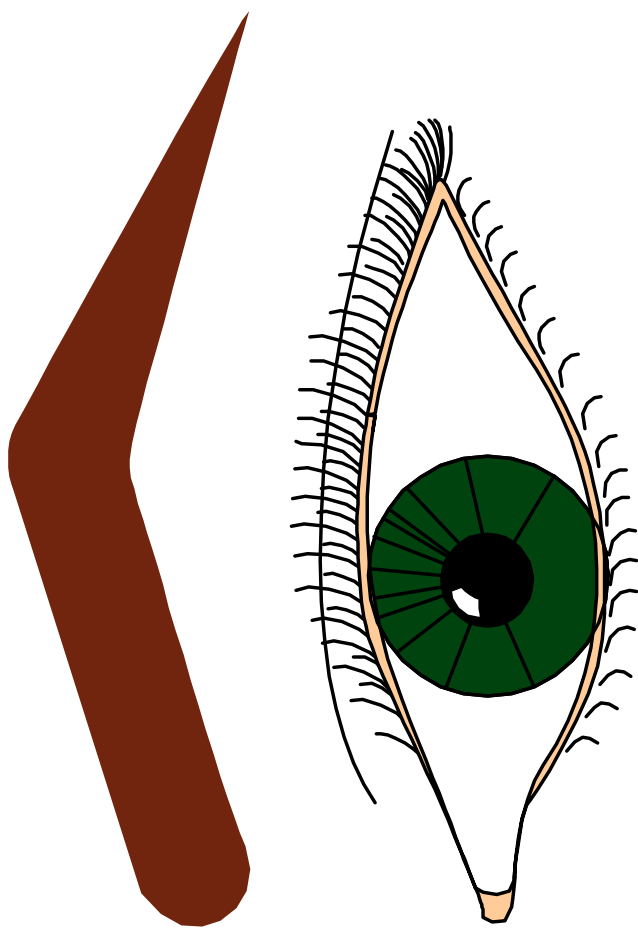
Smell/Taste

- Art
- Language
- Science
- Music/Movement
- Fine Muscle
- Large Muscle
- Special Activities



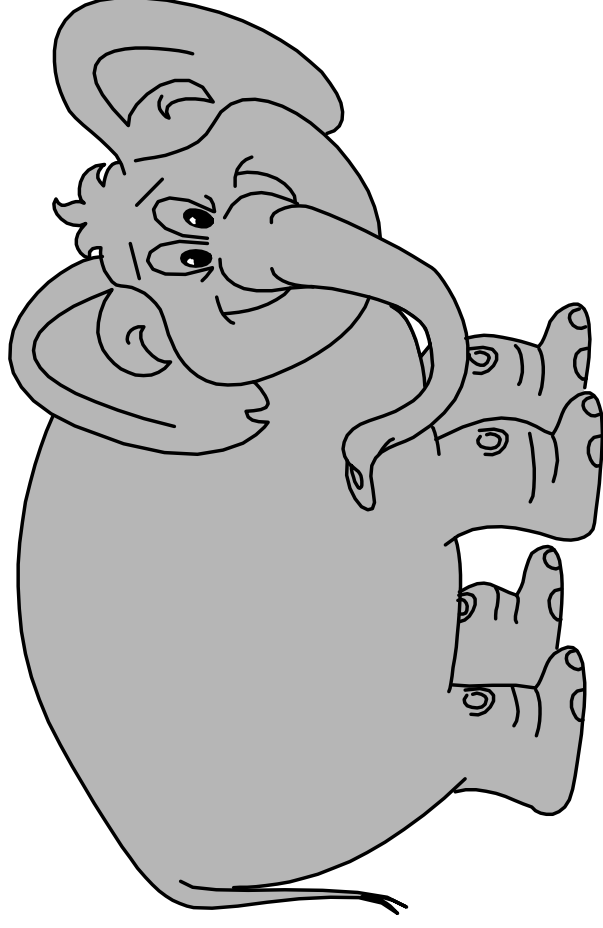
- Art
- Science
- Music/Movement
- Fine Muscle
- Large Muscle
- Language
- Special Activities

See



Hear

- Art
- Science
- Music /Movement
- Fine Muscle
- Large Muscle
- Language
- Special Activities



Matrix for Planning Concept

- Art Experience
- Science Experience
- Music and Movement
- Fine Muscle
 - Large Muscle
 - Language
 - Special Activities
 - Other

Daily activities

- Daily Health Checks
- Toothbrushing
- Handwashing
- Mealtime
- Safety "guidelines" in the classroom
- Outdoor play

Daily Health Checks

- Look
- Listen
- Smell
- Feel