



## 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?

## Health

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

# Health

## 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)

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## Health

### *California Preschool Curriculum Framework, Volume 2*

- Engaging Families (pp. 250, 260, 274)
- Questions for Reflection (pp. 251, 261, 275)
- Vignettes and teachable moments for each substrand
- Interactions and strategies for each substrand
- Teacher Resources (pp. 278-279)

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## Health

### Review:

- Summary of the health strands and substrands on pages 231–232 of the *California Preschool Curriculum Framework, Volume 2*.
- 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.

## Health

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 substrand 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?

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## Health

### Guiding Principles

- Health knowledge is 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.

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## Health

### 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.

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## Health

### Guiding Principles

- 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.

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- 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?