

Appropriate nutrition, sleep, and physical activity help set the stage for healthy habits and life-long learning. Well-child visits with a consistent healthcare provider are important to ensure that a child's physical, cognitive and social development, immunizations, oral health, vision, and hearing are on track. Regular visits to the dentist help ensure children's teeth and gums develop in healthy ways. Like all areas of child development, health and well-being must be considered within the context of each individual child.

Balanced nutrition, adequate sleep, and physical activity help children grow.



What I can do to make a difference...

Choose healthy snacks for your children: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx>

Cook with your children: <http://www.bbcgoodfood.com/howto/guide/guide-cookery-skills-age>

Breastfeed your baby: <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>

Put babies to sleep on their backs: <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Back-to-Sleep-Tummy-to-Play.aspx>

Where I can learn more...

Offer a Diverse and Varied Diet: <http://ellynsatterinstitute.org/index.php>

Helping Your Child Sleep: <https://www.zerotothree.org/early-development/sleep>

Sleep Habits: <http://families.naeyc.org/child-development/encouraging-healthy-sleep-habits>

Healthy Eating Habits: <https://www.zerotothree.org/early-development/health-and-nutrition>

Preventing Obesity: <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-nutrition/>



More Information: click [here](#) to access the research for this puzzle piece from the NAEYC Position Statement - Principle #4