



# Health and Well-being in Early Childhood

*Janet Rose, Louise Gilbert, Val Richards*

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**The health and well-being of children is integral to learning and development but what does it actually mean in practice?**

This textbook **draws on contemporary research** on the brain and mind to provide an up-to-date overview of the central aspects of young children's health and well-being – a key component of the revised EYFS curriculum.

Critically engaging with a range of current debates, coverage includes

- early influences, such as relationships, attachment (attachment theory) and nutrition
- the role of the brain in health and well-being
- the enabling environment
- other issues affecting child development

To support students with further reading, reflective and critical thinking it employs:

- case studies
- pointers for practice
- mindful moments
- discussion questions
- references to extra readings
- web links

This **current, critical and comprehensive course text will provide a solid foundation for students and practitioners** on a wide range of early childhood courses, and empower them to support and nurture young children's health and well-being.

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