

Health and Physical Development: An Annotated Bibliography

A selected listing of titles available on this topic from the
Early Childhood Training Center's Media Center



NDE Early Childhood Training Center

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Books

Ages and Stages, revised. Karen Miller. (2001). West Palm Beach, FL: Telshare Publishing. This book is a unique guide to the behavior of young children in groups. Short, clear descriptions of the behavior of young children at different stages and a wealth of age-appropriate activities make this an exceptionally useful resource for both family child care providers and center staff.

Big Body Play: Why Boisterous, Vigorous, and Very Physical Play Is Essential to Children's Development and Learning. Frances M. Carlson. (2011). Washington, DC: National Association for the Education of Young Children. "Big body play," the sometimes rowdy, always very physical running, rolling, climbing, tagging, jumping, grabbing, and wrestling that most children love and many adults try to shut down, can and should be an integral part of every early childhood setting. Drawing from evidence-based practice and the latest research, this book explains the multitude of benefits of big body play for young children's social-emotional, cognitive, and physical development. Also learn how to organize the physical environment, set rules and policies, and supervise the play.

Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. American Academy of Pediatrics. (2008). Elk Grove Village, IL: Author. Part 1 is organized into 10 themes common to all stages of child development with special emphasis on two new areas to the 3rd edition, promoting mental health, and maintaining healthy weight. Part 2 focuses on specific guidance for each of the 31 age-based health care visits. Each visit enumerates five priorities for that visit, including sample questions, and discussion points for both parent and child.

Caring for Our Children: National Health and Safety Performance Standards—Guidelines for Early Care and Education Programs. American Academy of Pediatrics. (2011). Elk Grove Village, IL: Author. Topics include staffing, program activities for healthy development; health promotion and protection; nutrition and food service facilities, supplies, equipment, and environmental health; transportation, play areas, and playgrounds; infectious diseases, children with special needs; licensing, and community action.

Dance with Me in the Heart. Pennie Brownlee. (2010). New Zealand: New Zealand Playcentre Federation. Successful intimate relationships are a doorway to health and happiness for human-beings. Not surprisingly, that first relationship with their parents that new babies make sets the scene for every other relationship that follows. The quality of this first relationship determines how the brain physically "wires up" the potential the new infant brings into the world and is the launching pad for the baby as a social being.

Dealing with Food Allergies in Babies and Children. Janice Vickerstaff Joneja. (2007). Designed to uncover food sensitivities, this book can help with the process of finding nutritionally adequate diets

for people with food allergies. For those who must be alert to the serious threat to their health and their lives that some foods present, it provides the basis for careful evaluation of even the simplest foods. Reactions can vary widely from simple allergic reaction, like a rash, to the deadly consequences of serious anaphylactic shock. *Dealing with Food Allergies* thoroughly describes the effects on the three major organ systems that are the target: the lungs and respiratory tract; the digestive tract; and the skin and mucous membranes, and how the reaction must be analyzed and treated.

Early Sprouts: Cultivating Healthy Food Choices in Young Children. Karrie Kalich. (2009). St. Paul, MN: Redleaf Press. Plant lifelong healthy eating concepts in young children and counteract the prevalence of childhood obesity with Early Sprouts. A research-based early childhood curriculum, this "seed-to-table" approach gets children interested in and enjoying nutritious fruits and vegetables. The Early Sprouts model engages preschoolers in all aspects of planting, preparing, and eating organically grown produce. Find directions for designing and caring for gardens, recipes children can help prepare, and ways to involve the whole family in making healthy food choices. The activities used in this 24-week program can be tailored to fit any early childhood program, climate, or geographical region; have been tested in a variety of early learning environments; and have received accolades from children, their parents, and teachers alike.

Growing, Growing Strong: A Whole Health Curriculum for Young Children. Connie Jo Smith. (2006). St. Paul, MN: Redleaf Press. *Growing, Growing Strong* allows the reader to customize health education curriculum with the help of open-ended lesson plans and activities, many of which meet pre-K health standards. Chapters on health-related themes encourage children's curiosity about themselves, others, and the world around them. This book has information on body parts, self care activities, healthy eating, emotions, different types of families, and safety issues.

Health: A Guide to the NAEYC Early Childhood Program Standard and Related Accreditation Criteria. Sharon Ritchie (Ed.). (2005). Washington, DC: National Association for the Education of Young Children. Health includes complete physical, oral, mental, and social well-being and not merely the absence of disease or infirmity. To benefit from education and maintain quality of life, children need to be as healthy as possible and to be able to depend on adults who also are as healthy as possible—to make healthy choices for them and to teach them to make healthy choices for themselves. This resource focuses on NAEYC's health program standard. Although some degree of risk taking is desirable for learning, a quality program prevents hazardous practices and environments. Use this book to ensure that your program is doing all it can. This is one of nine booklets addressing the Standards and Criteria specific to NAEYC accreditation of early childhood education programs. Be advised that if your program enrolls in NAEYC self-study (the first step toward accreditation), it will receive a copy of this booklet, among other resources, as part of the cost of enrollment.

Health, Mental Health, and Safety Guidelines for Schools. Howard Taras (Ed.). (2005). Elk Grove Village, IL: American Academy of Pediatrics. From childhood obesity, health education and nutrition to safe school environments and community involvement, *Health, Mental Health, and Safety Guidelines for Schools* focuses on improving health outcomes for school-aged children.

Managing Chronic Health Needs in Child Care and Schools: A Quick Reference Guide. American Academy of Pediatrics. (2010). Elk Grove Village, IL: Author. This guide provides resources and strategies to help care for children with chronic medical conditions and special health care needs. The book covers a spectrum of chronic illnesses, acute situations, and selected developmental and behavioral problems, with a special emphasis on children with special health care needs. Includes more than 35 condition-specific quick reference fact sheets, signs and symptoms, when to call emergency services, medication administration, and ready-to-use sample forms and care plans.

Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide, 2nd Edition. Susan Aronson (Ed.). (2009). Elk Grove Village, IL: American Academy of Pediatrics. The second edition of this award-winning quick reference guide provides the information you need to know about prevention and management of infectious diseases in child care and school settings. New to this edition are important updates on diarrhea, influenza, and pinkeye; expanded section on outbreaks, epidemics, and other infectious disease emergencies; sample consent form for HIPAA Act; prevention-oriented quick reference sheets; and infectious disease quick reference sheets.

Preschool Health and Safety Matters. Jody Martin (Ed.). (2011). Silver Spring, MD: Gryphon House. This easy-to-use manual provides educators with the information they need to ensure that the children in their care are safe, while they learn the best practices to stay healthy for life. With suggestions, ideas, activities, and ways to involve families at home, *Preschool Health and Safety Matters* covers topics such as hygiene, injury prevention, mental health, diversity, nutrition, and safety.

Rethinking Nutrition: Connecting Science and Practice in Early Childhood Settings. Susan Nitzke, Dave Riley, Ann Ramminger, and Georgine Jacobs. (2010). St. Paul, MN: Redleaf Press. Written by a team of academic researchers and early childhood program practitioners, *Rethinking Nutrition* provides science- and practice- based information to meet young children's nutritional and developmental needs and establish healthy patterns with food. Each chapter includes a summary of key concepts and promising practices for early childhood settings.

Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children. Nefertiti Bruce. (2011). Silver Spring, MD: Gryphon House. By focusing on building social and emotional strength, adults increase children's resilience and prepare them to handle the challenges in life. The strategies and activities in *Socially Strong, Emotionally Secure* provide teachers with the tools they need to help children become socially and emotionally healthy for life. The book is organized into five chapters; the activities support and build resilience in children ages three to eight.

DVDs

Better Kid Care: Active Kids are Learning Kids. This lesson looks at the importance of movement play for young children. Learn why children have trouble sitting for group times. Visit with caregivers as they discuss sand and water play with children. Produced and distributed by Better Kid Care at Penn State University. 75 minutes, 2011.

Better Kid Care: Active Play—Fighting Obesity and Diabetes and Keeping Children Healthy. The number of children with health problems due to obesity and diabetes is rising rapidly in America. Find out what you can do to start children on a fit and active lifestyle. Learn appropriate ways to help children build healthy bodies. Produced and distributed by Better Kid Care at Penn State University. 90 minutes, 2003.

Better Kid Care: Understanding and Supporting Children's Physical and Cognitive Development. This lesson helps caregivers chart the physical and cognitive development of children. Learn what to expect of children at various ages as they grow and learn these areas of development. Get help planning activities and play times that support both the physical and cognitive development of children. Produced and distributed by Better Kid Care at Penn State University. 75 minutes, 2011.

Better Kid Care: Your #1 Priority—Keeping Children Healthy and Safe. Keeping children healthy and safe should be the top priority for all child care providers. No one wants to see children get sick or hurt. How do you know that the germs are gone or that play equipment is safe? You'll learn the latest and best ways to keep the children in your care healthy and safe. Produced and distributed by Better Kid Care at Penn State University. 95 minutes, 2007.

Creating a Clean and Healthy Home. Many children have lung ailments such as asthma, and others experience frequent colds and have to miss school. Creating and maintaining a clean home could significantly reduce the frequency of these unhealthy ailments in children. This video shows young parents ways to develop and maintain a healthy home. It also shows them common health hazards in and around a home. *Note: This DVD mentions the use of syrup of ipecac for inducing vomiting; syrup of ipecac should only be administered under the direction of the child's doctor.* This DVD is also available in Spanish. Produced and distributed by KidSafety of America. 28 minutes, 2005.

Early Learning Guidelines, Health and Physical Development Independent Study with DVD, Volume 1: Awareness. This kit provides the user with two hours on independent study credit. It contains a DVD entitled *The Developing Child: Nutrition*; a booklet, *Growing Up Drug Free*; a bound collection of articles that address health and physical development of young children; and the corresponding Early Learning Guidelines domain. Developed by Early Childhood Training Center staff. 2006.

Early Learning Guidelines, Health and Physical Development Independent Study, Volume 2:

Application. This kit provides the user with two hours on independent study credit. It contains a book entitled *Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years*, a bound collection of articles that address health and physical development of young children, and the corresponding Early Learning Guidelines domain. Developed by Early Childhood Training Center staff. 2006.

Feed Me! Kids and Nutrition. Between the ages of two and eight, a typical child will eat thousands of meals, many at fast food restaurants, and watch thousands of commercials that make sugar and fat look cool. How many parents and caregivers see that children eat a healthful diet? *My Pyramid for Kids* shows us how to make healthy food choices. Produced and distributed by Learning Seed. 26 minutes, 2007.

Health and Safety Consultation in Child Care. This interactive, multi-media 2-DVD set includes a self-learning module based on the 5-part video/DVD series. The DVD set has the videos as well as electronic copies of many helpful forms and documents. These include the full text of *Caring for Our Children: The National Health and Safety Performance Standards, Model Child Care Health Policies*, and 12 other helpful documents.

Part One: National Resources, 21 minutes

Part Two: Making Observations, 40 minutes

Part Three: The Child Care Culture, 23 minutes

Part Four: How to Train Child Care Staff, 23 minutes

Part Five: Making Health and Safety Improvement Plans, 17 minutes

Produced and distributed by the Pennsylvania Chapter of the American Academy of Pediatrics. 2005.

Infants: Physical Development. Watch our cast of infants as they begin to explore their world and reach different milestones along the way. Learn how a baby's brain develops and what activities help stimulate healthy brain growth. Also learn the importance of proper nutrition and sleep in the first year. See how infants rely on their innate reflexes and how gross and fine motor skills emerge in typically developing children as well as those with challenging conditions. Produced and distributed by Learning Seed. 30 minutes, 2010.

I Am Your Child: Food and Fitness Matter—Raising Healthy, Active Kids. The dramatic rise of childhood obesity is one of the most serious health problems facing our country today. Reversing this trend required changes in our homes, schools, and communities. This DVD provides parents with the information and support they need to improve children's health and wellness. Nutrition experts and others explain the causes of the dramatic increase in obesity and the health problems posed by the childhood obesity epidemic. The DVD presents practical tips for parents to improve nutrition and fitness at home; profiles of schools that found ways to serve healthier food and to increase physical

activity; and inspiration for parents to work with their schools for change. This program is also available in Spanish. Produced and distributed by Parents Action for Children. 24 minutes, 2006.

I Am Your Child: Your Healthy Baby. In order to give a child a healthy start in life, parents and caregivers need current information on children's health and nutrition issues. In this DVD, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on how to maintaining good health during pregnancy, bottle-feeding versus breast-feeding, when you and your child should visit the doctor, what foods to feed your child and when, and the importance of exercise. This DVD is also available in Spanish under the title of *Soy tu Hijo: Su Bebé Saludable*. Produced and distributed by Parents Action for Children. 24 minutes, 2005.

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A Place of Our Own: Early Childhood Solutions—Health and Nutrition. Host Debi Gutierrez leads engaging discussions on health and nutrition with parents, caregivers, and child care experts. Topics include exercise, healthy eating, preventing obesity, sleep, diabetes, asthma, and more. The DVD also includes nine fun activities you can do at home with your children. Produced and distributed by KCET-TV, Los Angeles. 2 hours, 2008.

Spanish Language Materials

Entendiendo y apoyando el desarrollo cognoscitivo y físico infantil, Parte 2--Orientación para los proveedores de cuidado en casa. Better Kid Care Program. (2006). University Park, PA: Author. Esta lección aborda la manera de apoyar el desarrollo cognitivo de los niños y física.

Soy Tu Hijo: Su Bebé Saludable/I Am Your Child: Your Healthy Baby. Para darle u un niño la oportunidad de comenzar su vida saludable, los padres y las personas dedicadas a cuidar niños necesitan la información más actualizada con relación a la salud y la nutrición infantil. En este vídeo, Cristina Saralegui nos entrega un consejo experto sobre que pueden hacer los padres para ayudar a sus hijos a establecer hábitos saludables, con información sobre: Como mantener una buena salud durante el embarazo; Alimentación por biberón vs. Alimentación materna; cuando usted y su hijo deben visitar al medico; que alimentos dar a su hijo y cuando; La importancia del ejercicio. 28 minutos, 2005.

Journals

The Early Childhood Training Center subscribes to the following journals which occasionally include articles about health and physical development. Back issues are kept for a period of five years.

Early Childhood Today is published eight times per year by Scholastic, Inc. Each issue includes a list of conferences for early childhood professionals and a column of recommended children's books. Other topics include classroom issues, administration, family communication, and child development.

Exchange (formerly Child Care Information Exchange), published bimonthly by Exchange Press, is committed to supporting center directors in their efforts to craft early childhood environments where adults and children thrive.

Young Children, published six times per year, is the official publication of the National Association for the Education of Young Children. The goal of NAEYC is to offer professional development opportunities to early childhood educators to improve the quality of services to children during the critical years of development from birth through age eight.

Zero to Three, published six times per year by the National Center for Clinical Infant Programs, is intended for persons who work with infants, toddlers and their families and includes information on children with special needs.