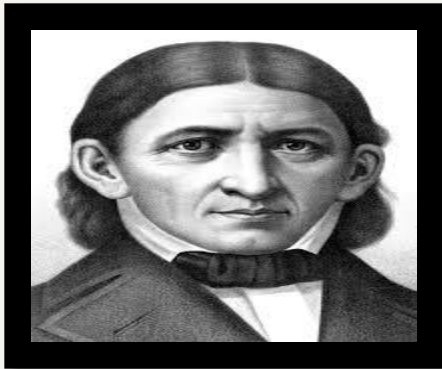


Introduction:

This poster will explain the different that are included to promote a child's development in health , well being and a positive lifestyle in the early years. It will also link different theorists and modules that have relevant research linked to this early year practice . It will also include why a early years practitioners role in early years can support a child health , well being and lifestyle . Fredrich Feobel (1965) emphasized the importance of health , well being and lifestyle in the early years. This poster will show the connections and importances of positive connections and give a wider knowledge of the importance of these three key words for the child's holistic development and also link the importance early years practitioners role is for children developing in the early years .

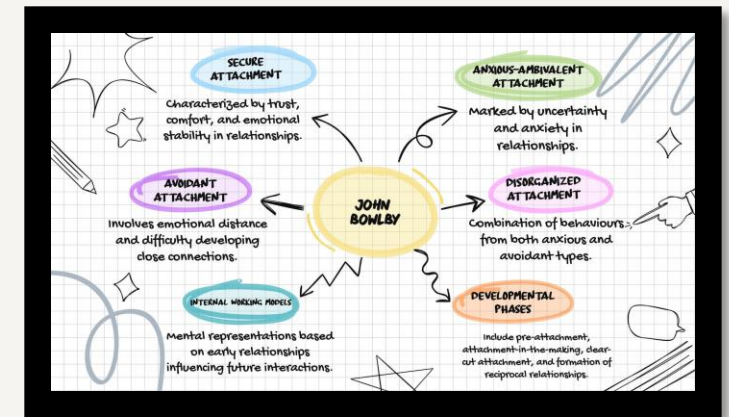
**Concepts:**

According to Raghavan and Alexander (2015) they believe that a child's wellbeing is under theorised because it stems from the dominant and longstanding view of the children as merely future adults who as a result do not require a theory of their own . Jessica Lair(2022) quoted "Children are not things to be moulded, but are people to be unfolded" which links the concepts of how important holistic development is in children's development and this includes all aspects of their cognitive, physical , emotional , social and language growth taken into account.

Health , Well-being and Lifestyles.**Health:**

Health is such a wide variety of factors . NSPCC(2025) shows that health is a key factor in a child's development stating that things such as environments the children live in , the relationships they have around them and the experiences they have , can provide them with negative or positive health. Health is not just an illness or disease as stated by the NHS Wales website . The World Health Organisation(WHO 2025) are an organisation that work around children to prevent the increase of children fatalities . Their statistics show that although their figures for children deaths are decreasing these are decreasing down to not just diseases or illnesses it is also contributed by factors such as environments , being given the correct nutrients and having good health , being protected from threats and also being given the opportunity for growth and having access to learn and education. In Wales the Healthy Child Wales Programme (HCWP 2016) was introduced for all families in Wales with children aged from birth up until the age of seven to support healthy child development through different professionals and opportunities , these range from having the access to health visitors and other health care professionals to families in certain catchment areas to be able to access free start opportunities when children reach the suitable age . Department of Education (2023) have introduced mental health into the programme of early years education and have a range of support for early years practitioners to use in their settings with children who struggle with mental health , which for children means their wellbeing in terms of their social and emotional development . The Healthy Start Programme (2006) was introduced to help and support families on lower income with financial support . They have now begun issuing these families with cards which will be given a set amount for the amount of children in the family to be able to fund towards food shopping . This programme also supports families health by providing free vitamins .

Wellbeing: John Bowlby (1968) introduced the attachment theory which signified the importance of the early bond between infants and caregivers. His theory was used as a template for future relationships throughout a child's life and the influence of what these relationships have on the child's wellbeing. Bowlby's attachment theory shows the importance of secure attachments that will help children's healthy emotional development; it also influences a child's mental health and the ability to secure positive relationships with caregivers throughout the child's developmental journey. In 2011 Wales became the first country in the United Kingdom to make the UNCRC part of their domestic law. These rights significantly influence the policy and practices that relate to a child's wellbeing significantly in educational settings. These guidelines are introduced by the Welsh government to ensure a child has their own rights and are given the essential care to promote a healthy positive wellbeing development journey. The first 1000 days programme (2016) was introduced in Wales to improve health and wellbeing of a child in their first 1000 days. The first 1000 days programme was created in response to strong evidence from different organisations that suggests the period during pregnancy up till the age of two offers the greatest potential for impact in both improving outcomes and decreasing inequalities. For children there are various interconnected aspects that relate to their wellbeing. Physical wellbeing is the child being given the correct nutrition, having an adequate sleeping pattern and also be contributing in physical exercise. Mental and emotional wellbeing which involves managing emotions, building resilience and being able to develop healthy coping mechanisms. Social wellbeing is the ability of the child to be able to form and maintain positive relationships with other caregivers and having the ability to interact positively with others around them. Also cognitive wellbeing which encompasses the child's ability to learn and be able to critically think stages of learning through.



John Bowlby (1968) resourced from Early Years TV.



Maslows Hierarchy of Needs (1943)

Lifestyle: Veal (1993) quotes lifestyle as a distinctive pattern of personal and social behaviour characteristic of an individual or a group which relates to children making their own lifestyle choices but also need their lifestyle choices guided by a caregiver. There are also many factors to be considered when we look at what makes a lifestyle for a child. There is their home environment things like a safe, stable home is crucial for a healthy child's development. Adapting a child's diet to a healthier way is beneficial for a child's lifestyle. The NHS website has information on things that children should be eating and what they should not be eating. In Wales they introduced the healthy eating in schools in 2009 which made measures to ensure children were given the nutritional standards and requirements set out as guidelines set by the UK Government. Maslow's hierarchy of needs (1943) links lifestyle together and shows what is needed to provide a child with the healthy lifestyle they need to be able to develop. Maslow's hierarchy works as a framework for understanding how different needs influence a child's lifestyle choices. Studies from the sleep foundation (2025) shows that sleep plays a crucial role in the development of children and their cognitive development; it also allows children to gain motor skills. Personal hygiene also plays a big role for children. It helps them with staying healthy. Expands their skills with things such as brushing teeth and handwashing and it will also become a routine for children to keep on top of their hygiene.

Application to Early Years:

Welsh Government(2012) stresses the importance of the role of practitioners in encouraging children to have a healthy lifestyle . Schools across Wales can provide guidance on what should be included in a child's packed lunch such as fruit and vegetables and not including things which will have a high fat or sugar intake such as chocolate or sweets.(Welsh Government 2016). Barnardos (2025) relay the importance of the role of the practitioners to advise parents or guardians on the support they can offer to the families as well as the individual child . This is also a less invasive way of the practitioner to advise of their support if they suspect something is an issue within the child's emotional behaviour. Being an early years practitioner means that you have the responsibility of that child's safety and protection and will create relationships that stem further than just with the children , working closely with the families and also other multi organisation that will offer advice if a concern for the wellbeing of a child and also work along side a practitioner to ensure the best possible outcome for a child's wellbeing.

Conclusion

In early childhood, promoting wellbeing is paramount for lifelong physical and mental health, learning, and social development. Prioritizing wellbeing, encompassing both physical and mental health, in early years settings is not just beneficial, but essential for fostering a nurturing environment where children can thrive. This includes focusing on creating supportive relationships, providing stimulating and enriching experiences, and ensuring access to necessary resources and services. Ultimately, investing in the wellbeing of young children lays a strong foundation for their future success and overall societal well-being. Using all the evidence that has been used to create this poster it shows the significance of health and wellbeing and the importance of it for a child's development . As shown in the poster it shows how important it is to raise a child using the experience of a healthy lifestyle , emphasizing on the positivity and nurturing relationships in order for them to develop and grow healthily. It also shows how the role of the practitioner is important in the encouragement of positive wellbeing for young children and shows ways in which these can be achieved . Through the different theorists used it is evident that the importance of taking a holistic approach when it comes to children's development in order to support them and become positive role models for the children's learning and development journey . The research from the Welsh Government also shows how strongly they feel about practitioners promoting children's wellbeing and also has different guidance options to ensure the correct pathways are being followed in settings to support the child and the families. It is always important to consider that these guidelines will change and adapt over the years so it is always useful to keep up with any updates made as a setting or as a practitioner.

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