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[Meeting with Nicola Evans \(2419341\)-20250624_211055-Meeting Recording.mp4](#)

AI cover sheet

I confirm that I have not presented any AI generated text as my own work, I confirm I have copies of my drafts, notes and other resources I used before, and after use of AI tools which I may be asked to provide in evidence

Health, well-being, and lifestyles

Introduction

The poster will define and explore the concepts of health, well-being, and lifestyles and how these all interlink together. This poster will also explore how these concepts fit in with the early years and how practitioners will support children with promoting healthy children, positive well-being whilst exploring the impacts of negative well-being has on children, also the positives of healthy lifestyles and the impacts of unhealthy lifestyles and what impact that has on the children and their families. Whilst exploring this the poster will be linking in theorists and models that shows the interconnectedness with health, well-being, and lifestyles as well as any initiatives and organisations.

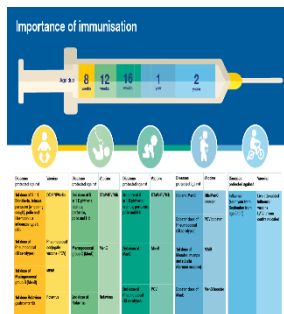
Health

The World Health Organization states that health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. According to NSPCC (ND) both children's health and development will be affected by experiences they have as well as environmental factors. Also, according to NSPCC Learning (ND) child development refers to the physical, emotional, cognitive, and social growth that occurs throughout a child's life. All these aspects of their development and health all work together to form their overall well-being. Department for Education (2025) states mental health for babies and young children describes their well-being in the terms for their social and emotional development. All babies and children will have different experiences regarding their mental health, factors of which will influence their social and emotional development as well as their well-being. Factors including their relationships with their parents and carers, nutrition, and their experiences in the womb. Also, according to Department for Education (2025) practitioners should build a secure and reliable relationships with the babies and children in their care. Through having a close relationship with dependable adults and experiencing nurturing environments they are more likely to learn how to build healthy relationships. Children will be able to develop a healthy stress response system which will in turn reduce the risk of stress related illness. Practitioners will help and support children to communicate their needs and help to develop the skills the children need that support good mental health throughout their life. Parents will receive letters with appointments from their doctors for immunisations for babies at eight weeks old, twelve weeks, at sixteen weeks old at one years of age at three years and four months. The nurses will usually administer the vaccine in the children's thighs (UK Health Security Agency, 2025). According to Better Health (ND) having vaccinations is one of the best ways to protect your children from diseases and stopping the spread of these diseases to other children. Having a healthy diet encourages children to create healthy eating habits and provides them with the nutrients they need for their day and aid in their growth and development. However, there are limitations on these as environmental factors and other factors may hinder the outcomes on this, such as economy and their parent's lifestyles and the financial strains on families. According to Public Health Network Cymru (ND) the Healthy and sustainable pre-school scheme (HSPSS) is a program that is used by settings in Wales, and this program aims to promote health and well-being in early years settings. The focus of the program is to promote areas such as nutrition, mental health, environment, and physical activity and is used by various childcare providers such as nurseries, childminders, and playgroups. HSPSS is an accredited scheme which acknowledges pre-school settings as contributors to children's health and well-being through promoting physical, mental, social, and emotional health. Settings who are accredited work towards achieving excellence for key health topics such as nutrition and oral health, safety, environment and workplace health and well-being (Public Health Network Cymru ND).

The Health Hexagon Model



(Source: Science Direct, 2022)



(Source: Public Health England, 2016)

Well-being

Buckinghamshire council (ND) states that wellbeing refers to being described as the state of being healthy, comfortable, and happy. Buckinghamshire Council (ND) also states that children's wellbeing is the centre of the early years foundation stage to which the level of wellbeing is linked to the levels of involvement and motivation to learning. There are key components to well-being, emotional wellbeing, physical wellbeing, social wellbeing and mental well-being. There are factors to consider when looking at well-being and those of which can affect a persons and child's well-being. Enabling environments support a child's well-being. The hub (2019) states that enabling environments encourage babies and children to feel relaxed and when children feel safe and secure emotionally, they can explore and find out about the setting or space they are in and their surroundings as well as things that they can manipulate, manoeuvre, see and touch. Also, according to the hub (2019) practitioners that offer high quality play and first-hand experiences with rich communication support their learning and language development. According to UNICEF (ND) article 31 states that every child has the right to relax, play and take part in a wide range of cultural and artistic activities. According to NSPCC Learning (2021) children and young peoples well-being is the responsibility of anyone who works with children, and it is their responsibility to promote their well-being and to recognise any concerns about the children in their care and what actions to take to keep the children safe. According to neuraxpham (2025) children's psychological well-being can be influenced by many factors such as their family and school life and the wider environment. There are links to mental health and physical health which any issues with one can lead problems with the other, which will in turn leave children suffering with low mental and health and low well-being.

Maslow's hierarchy of needs pyramid links well into Health, well-being and lifestyles due to the nature of the levels within the pyramid. To move up to the next stage in the pyramid all the needs need to be met, starting at the base with the basic needs such as health, food and sleep (Sprouts 2017). All children have the right to feel safe and have an adequate place to live and that meets all their needs. No matter what financial situation the parents are in all children should feel secure in their home as article 27 states of the UNCRC (UNICEF ND). According to NSPCC Learning (2021) Bowlby's attachment theory highlights the importance of a child's emotional bond with their primary caregivers. Having disruption to the attachment can affect a child emotionally and it can affect them psychologically which can impact their future relationships.

Conclusion

To conclude Health, Well-being and Lifestyles show their interconnectedness, physical activity, balanced nutrition contribute to physical and mental well-being. Overall, they balance out and all work together to promote holistic development when all the needs are met adequately.

Lifestyles

A lifestyle reflects individuals' attitudes, a way of life values and their view of the world and finding a sense of self and create cultural symbols, that resonate with personal identity. Not all aspects of a lifestyles are voluntary. There are many factors that can link to lifestyles, especially those in early childhood. According to Toole (2023) physical activity has many health benefits for children, the benefits include increasing their muscle and bone strength, improving coordination, supporting the children in maintaining a healthy weight. Toole (2023) also states that physical activity helps to define children's fine motor and gross motor skills, and there are social advantages by encouraging the children to take turns and cooperate with others in their play, whilst being active the children are learning how to cooperatively play together. Physical activity can also alleviate stress and to help develop their emotional well-being. Toole (2023) states that practitioners can incorporate physical activity in to all the activities in the setting and that children should spend little time sitting. According to Toole (2025) practitioners should communicate with the parents to find out about their interests at home which will in turn support the planned activities for the children based on their interests, the practitioners can offer the parents advice based on their interests in the setting and to keep them active at home. However, there are many barriers and limitations that affect promoting healthy behaviours for children. Godec, *et al* (2023) states that barriers at home include lack of time to spend with the children, this could be due to work commitments, conflicting priorities, and difficulties in implementing healthy habits. Environmental factors include access to community parks and whether the children have access to these based on their living environments and if it is a safe neighbourhood for the parents to feel confident and safe taking the children to the areas. Also, according to Godec, *et al* (2025) technology is a barrier in promoting a healthy lifestyle due to children spending more time on screens than socialising with other children and engaging in physical activity.

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Presentation script

This presentation is going to be looking into mental health and what barriers can affect the mental health of children.

According to Office for Health Improvement & disparities (2022) the World Health Organization defines mental health as a state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to contribute to his or her community. Department for education (2025) states that everyone has mental health just as we would be more physically healthy from time to time, we can also be more mentally healthy. According to Department for Education (2025) every child will have different experiences with their mental health and many factors can influence their emotional and social development as well as their wellbeing. things such as relationships with parents and carers, nutrition and experiences in the womb, as well as their relationships with practitioners in settings. According to NSPCC Learning (2021) it is the responsibility of anyone who works with children and young people to promote their well-being, this can include talking to the children about their mental health and getting to know the child individually to find out what keeps their mental health at a high. Practitioners can get strategies on ways to promote the children's mental health and can share these with the parents or carers giving them the strategies to also help their child with their mental health.

There are many factors that can negatively impact a child's mental health, according to mental health foundation (ND) living in poverty increases the risk of having mental health problems and can be both a casual factor and a consequence of mental ill health, mental health is shaped by a wide ranging characteristics, including inequalities of the social, economic and physical environments in which people live. In Wales there is a flying start programme which helps families with children under four years old that live in disadvantaged areas. According to Welsh Government (2024) flying start helps fund high quality childcare which is 12.5 hours a week for children aged 2-3. They offer an enhanced health visiting service, access to parent support and they also support speech, language and communication development. Eligibility to access these elements of the Flying start programme is often shared with parents during their antenatal care. Families are also contacted by health visitors and local flying start teams, however, each local authority approach is to the communication of the phased expansion of flying start childcare differs, so parents are advised to contact their own local

authority, According to Welsh Government (2024) families should take up the flying start service as this is a provision of high quality childcare. The families that are eligible will receive their 12.5 hours for 39 weeks of the year and the flying start childcare workforce is qualified to support children's holistic development and supplementing the nurturing that is traditionally provided by parents or carers.

According to Nicola Evans (2025) low income affects families mental health, as by parents being on a low wage can affect their mental health by facing the stresses of providing what the children needs during the cost-of-living crisis that is faced with today. The impact of the stress and family life of making wages stretch to get all the essentials and bills as well as having spare money to do fun activities with the family can be overwhelming. Parents can feel shame that they are not doing enough for their children and keeping up with all the latest trends that the children want and desire to be like their friends. The worry of children getting bullied because of a low income affects the parents drastically, as well as the children as they do not have the best clothing and footwear. Facing the anxiety and low esteem that follows with the embarrassment is detrimental on a child's development.