

MA Children and Young People
**Contemporary Discourses in
Professional Practice**

ECCH7001 ; STUDENT NUMBER: 1603313

Well-being for children in the Early Years

- ▶ What well-being means for children ?
- ▶ What significant impacts can health and well-being have on a child or young person's development?
- ▶ Why is it vital that early year practitioners embed health and well-being in the curriculum; and what does this mean for the children and young people

(Moriarty, 2018)

(Lavis, 2016)

“The Children’s Society (2018) have recognised that 5-10% of children within the UK have low well-being. By this, they mean that children may not be having their basic needs met”

Helping children's mental health and anxiety with a 'worry and wishes box'

- ▶ What is a worry box?

What are the Aims and objectives for this type of intervention?

- ▶ What are the benefits to this approach ?

- ▶ Has this approach been tested or trialled before?

Has it been effective?

- ▶ Theorists that interlink: Attachment theory , Maslow's hierarchy of needs, B.F Skinner



(Source: A Hayes Park Blog, 2020).

(Young, 2018).

(Meighan, 2011).

Time to give it a go..

- ▶ Please read the scenario you received on your way in and use the person next to you to carry out the following

1. understand the problem
2. Explore the issue- try and put yourselves in their shoes
3. Give your advice
4. Devise a plan to help the problem

Think to yourselves would you need to do any of the following?

talk with teacher/ arrange counsellor if you are worried etc

- ▶ decorate the post box
- ▶ Finally can you please write your very own worry or wish on blank paper and post it 😊 Thank You!

Reference list

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