



# **The Young Child and the Environment: Issues Related to Health, Nutrition, Safety, and Physical Activity**

*Nancy E Sayre, Jere Gallagher*

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This comprehensive book for early childhood educators explores the various factors that influence the development of a physically and psychologically healthy and safe lifestyle for infants, toddlers, and young children. Physical and psychological health and safety are critical to the education of today's children. This book presents information, practical knowledge, and skills to develop positive attitudes in children and early childhood professionals by emphasizing the role of family and culture in child development. The Young Child and the Environment expands on the foundation of developmentally appropriate physical activity, with chapters on topics such as movement development, physical fitness, nutrition, safety in the early childhood learning environment, and the responsibility of parents and communities in developing healthy attitudes and lifestyles for the young. For anyone interested in early childhood education and physical education.

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