

Practice Guideline on Child Development – Section 2

Pause and reflect on supporting wellness

Consider the following to support your understanding of factors that might impact a child's and family's wellness and ability to participate in their child's learning.

In order to provide adequate nutrition, families may one or more of the following:

- Time to find employment;
- Access to food due to food insecurity, cost, cultural relevance or scarcity;
- Functional and safe appliances;
- Nutrition support as it relates to a medical condition or allergy;
- Access to safe drinking water (e.g., well-water testing or areas in the province that have contaminated water, or people experiencing homelessness); and/or
- Support with breastfeeding that respects the views of their culture.

It's important that early learning and care programs offer “meals and snacks that are provided as part of the program in response to issues surrounding food security” (Toulouse 2018, p. 6).

In order to ensure children have adequate sun, air and exercise, families may need, for example:

- Time;
- Access to play spaces where they feel they belong;
- Adequate outdoor clothing and protection from the elements;
- An adult to take them out;
- A social community;
- A safe community, free of hazards;
- Mental health support; and/or
- Financial support.

If a family has been impacted by violence, their focus may be to:

- Flee;
- Worry about whether police are equipped to support them;
- Seek social support and connections (e.g., talk to a trusting friend, family member or other professional);
- Find support for a way out of the situation;
- Secure adequate housing; and/or
- Develop spiritual or religious connections.

You can add your thoughts and reflections in the space below.