

Health and Wellbeing in Childhood

The period from birth to 12 years of age is increasingly recognised as a crucial stage in a child's life. These formative years can have significant consequences for ongoing educational success, resilience and participation in society. This book provides a comprehensive introduction to a range of topics and issues in health and wellbeing education, and equips pre- and in-service educators with the skills to promote and teach health and wellbeing in the classroom.

Health and Wellbeing in Childhood is structured around three major themes: dimensions, applications and innovations. The authors recognise the diversity and complexity of health and wellbeing in education, with subjects ranging from communication development to child safety, nutrition to resilience, and friendships to social-emotional wellbeing. Drawing on the most contemporary research, the book also explores issues such as technology, bullying and body image.

Readers are encouraged to reflect upon and contextualise the material presented through end-of-chapter questions. Each chapter also features numerous examples, case studies and links to relevant curriculum documents and frameworks. Written by a team of experts and practitioners, *Health and Wellbeing in Childhood* is an essential resource for tertiary students, educators and carers.

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This book is dedicated to our families. We particularly dedicate
this to the young people in our families.
Kyrra, Bess, Blyton, Zeke, Bader and James

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Contributors

for Aboriginal and Torres Strait Islander students, and curricula that embrace Indigenous knowledges for all students from the early years through to tertiary education.

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Shirley Wyver is a Senior Lecturer in Child Development at the Institute of Early Childhood, Macquarie University. She is also a registered psychologist. Her research interests are in early play and cognitive/social development. She also conducts research in the area of blindness/low vision and development.

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Preface

The age range from birth to 12 years is recognised as crucial, with significant consequences for ongoing educational success and future participation in society. Professionals in this critical phase should undergo specialist preparation, and need to have the requisite skills and knowledge to understand and manage issues related to health and wellbeing.

This book will assist educators, academics, pre-service student teachers and teachers in their quest to successfully develop and implement effective practices for children’s health and wellbeing. The book brings together the expertise of academics in the field of early years and the primary years of school. It is not exhaustive in its coverage – several books would be required to document and detail all of the relevant aspects of health and wellbeing – and each chapter could easily be expanded into a book in its own right.

The organisation of the book reflects the key priorities for health and wellbeing for children aged from birth to 12 years. Each chapter concludes with questions that guide reflection of the concepts developed in the chapter. In addition to meeting editorial requirements, each chapter has been peer-reviewed. The book is a collaborative effort, drawn from a range of scholars and practitioners who responded to an open call for contributions made by the editors in 2012. The book fills a gap in the resources available for health and wellbeing in Australia, bringing together sound scholarly debates and practical applications.

Susanne Garvis and Donna Pendergast

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