



Safety, Nutrition, and Health in Early Education

Cathie Robertson

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Safety, Nutrition, and Health in Early Education, 3E covers the four major subject areas of safety, nutrition, health, and special topics, emphasizes the realities of working with children, and provides valuable information for those who seek to provide optimum environments for children. This new edition aids in building awareness and understanding of cultural competence while working with children and families from diverse backgrounds. New to this edition is expanded coverage of children with special needs; updated information on nutrition, including the new My Pyramid Food Guidance System; and practical information on creating linkages with children, families, staff, community, and community resources. Special features include vignettes; checklists; case studies; Pause for Reflection, which offers students a time to pause and examine how they feel about specific topics; Reality Checks with Checkpoints that allow readers to critically examine the information presented; and new tables, charts, photos, and graphics. In addition, special attention is given to bullying, disaster planning for human-generated disasters, how America eats, the impact of war and terrorism on children, Autism, Fetal Alcohol Syndrome, and being at risk for preventable diseases. This text combines basic information and theory, as well as practical applications, resources, and other early education skills needed for working with children, families, and staff.

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