

# Starting Healthy: A Comprehensive Preschool Health Education Program

## Starting Healthy Overview



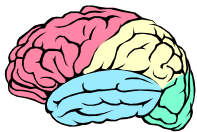
- Teacher-friendly comprehensive health education curriculum for pre-school children ages 3-5
- Consists of over 70 lessons that teachers can implement in the classroom, in day-care facilities, and in non-traditional classrooms
- Includes teacher instructions, parent letters, brochures and posters
- Has been validated by 40 early childhood classroom teachers and includes up to date instructional materials; appropriate parental information; and a teacher instruction guide
- Is easy to integrate into already established curricula
- Gives teachers an opportunity to prepare so students will get the full effect of learning from the lesson
- Organizes lesson so that teachers can concentrate on teaching, rather than gathering materials and does not miss necessary preparations when glancing through the lesson

## Benefits of Starting Healthy



- Engages children actively, not passively, in the learning process
- Emphasizes the development of children's thinking, reasoning, decision-making and problem-solving abilities
- Emphasizes the value of social interaction to learning in all domains and provides opportunities to learn from peers
- Incorporates a wide variety of teaching strategies to address various learning needs
- Respects and supports diversity

## Starting Healthy Content Areas



- Growth and Development
- Mental and Emotional Health
- Personal Health
- Family Life and Health
- Nutrition
- Disease Prevention and Control
- Safety and First Aid
- Substance Use and Abuse
- Community and Environmental Health Management

## Starting Healthy Lesson Components



- 2-5 Objectives
- Materials
- Assessment
- Things to do before
- Language Development
- Additional Classroom Props
- Music, Movement, and Poems
- Books
- Circle Time
- Learning Center
- Letter Home
- Books
- Circle Time
- Learning Center
- Additional Classroom Props

## Contact Information



National Center for Health Education  
375 Hudson Street  
New York, NY 10014  
[www.nche.org](http://www.nche.org)

Jeanne Chun, Program Associate  
[jeanne@nche.org](mailto:jeanne@nche.org)  
Phone: (212) 463-4057