

## Early Childhood Health Nutrition And Education

Children's health has clearly improved over the past several decades. Significant and positive gains have been made in lowering rates of infant mortality and morbidity from infectious diseases and accidental causes, improved access to health care, and reduction in the effects of environmental contaminants such as lead. Yet major questions still remain about how to assess the status of children's health, what factors should be monitored, and the appropriate measurement tools that should be used. Children's Health, the Nation's Wealth: Assessing and Improving Child Health provides a detailed examination of the information about children's health that is needed to help policy makers and program providers at the federal, state, and local levels. In order to improve children's health-and, thus, the health of future generations-it is critical to have data that can be used to assess both current conditions and possible future threats to children's health. This compelling book describes what is known about the health of children and what is needed to expand the knowledge. By strategically improving the health of children, we ensure healthier future generations to come.

SAFETY, NUTRITION, AND HEALTH IN EARLY EDUCATION, Fifth Edition, prepares students for a career in early childhood education through a combination of basic information and theory, practical applications, and resources. Emphasizing the realities of working with children from diverse backgrounds, the book covers four major subject areas: safety, nutrition, health, and wellness. This extensively updated and revised fifth edition--now written to NAEYC, DAP, and AAP/APHA standards guidelines--includes more material on wellness, the latest Dietary Guidelines for Americans 2010, groundbreaking research on fast food from Yale University, new information on green cleaning and the Go Green Rating Scale for Early Childhood Settings, and information on bed bugs. New Reality Check boxes take a closer look at current topics, such as developing brain research, rating elementary school lunches, school gardens, and pandemic outbreaks. Suggestions throughout the text offer practical guidance for working with children with disabilities and special needs. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

WHO and UNICEF jointly developed this global strategy to focus world attention on the impact that feeding practices have on the nutritional status, growth and development, health, and thus the very survival of infants and young children. The strategy is the result of a comprehensive two-year participatory process. It is based on the evidence of nutrition's significance in the early months and years of life, and of the crucial role that appropriate feeding practices play in achieving optimal health outcomes. The strategy is intended as a guide for action; it identifies interventions with a proven positive impact; it emphasizes providing mothers and families the support they need to carry out their crucial roles, and it explicitly defines the obligations and responsibilities in this regards of governments, international organizations, and other concerned parties.

The fourth edition contains guidelines on the development and evaluation of the health and safety of children in early care and education settings. This guide features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools. KEY FEATURES More than 100 updated standards and appendixes Updated appendixes, including Signs and Symptoms Chart, Recommended Immunization Schedule, and Recommendations for Preventive Pediatric Health Care Completely revised and updated topics on environmental health, infectious diseases, and nutrition TOPICS INCLUDE Staffing Program activities for healthy development Health promotion and protection Nutrition and food service Facilities, supplies, equipment, and environmental health Play areas and playgrounds, and transportation Infectious diseases Children with special health care needs and disabilities Administration Licensing and community action And more ...

Children are the foundation of the United States, and supporting them is a key component of building a successful future. However, millions of children face health inequities that compromise their development, well-being, and long-term outcomes, despite substantial scientific evidence about how those adversities contribute to poor health. Advancements in neurobiological and socio-behavioral science show that critical biological systems develop in the prenatal through early childhood periods, and neurobiological development is extremely responsive to environmental influences during these stages. Consequently, social, economic, cultural, and environmental factors significantly affect a child's health ecosystem and ability to thrive throughout adulthood. Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity builds upon and updates research from Communities in Action: Pathways to Health Equity (2017) and From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). This report provides a brief overview of stressors that affect childhood development and health, a framework for applying current brain and development science to the real world, a roadmap for implementing tailored interventions, and recommendations about improving systems to better align with our understanding of the significant impact of health equity.

Childhood obesity is a serious health problem that has adverse and long-lasting consequences for individuals, families, and communities. The magnitude of the problem has increased dramatically during the last three decades and, despite some indications of a plateau in this growth, the numbers remain stubbornly high. Efforts to prevent childhood obesity to date have focused largely on school-aged children, with relatively little attention to children under age 5. However, there is a growing awareness that efforts to prevent childhood obesity must begin before children ever enter the school system. Early Childhood Obesity Prevention Policies reviews factors related to overweight and obese children from birth to age 5, with a focus on nutrition, physical activity, and sedentary behavior, and recommends policies that can alter children's environments to promote the maintenance of healthy weight. Because the first years of life are important to health and well-being throughout the life span, preventing obesity in infants and young children can contribute to reversing the epidemic of obesity in children and adults. The book recommends that health care providers make parents aware of their child's excess weight early. It also suggests that parents and child care providers keep children active throughout the day, provide them with healthy diets, limit screen time, and ensure children get adequate sleep. In addition to providing comprehensive solutions to tackle the problem of obesity in infants and young children, Early Childhood Obesity Prevention Policies identifies potential actions that could be taken to implement those recommendations. The recommendations can inform the decisions of state and local child care regulators, child care providers, health care providers, directors of federal and local child care and nutrition programs, and government officials at all levels. Looking at and listening to picture and story books is a ubiquitous activity, frequently enjoyed by many young children and their parents. Well before children can read for themselves they are able to learn from books. Looking at and listening to books increases children's general knowledge, understanding about the world and promotes language acquisition. This collection of papers demonstrates the breadth of information pre-reading children learn from books and increases our understanding of the

social and cognitive mechanisms that support this learning. Our hope is that this Research Topic/eBook will be useful for researchers as well as educational practitioners and parents who are interested in optimizing children's learning.

Child Health, Nutrition, and Physical Activity offers a comprehensive review of the latest information on nutrition, physical activity, eating disorders, obesity in childhood, and prevention of chronic disease in adulthood. This book is a result of the groundbreaking Harvard Conference on Nutrition and Physical Activity of Children and Youth, which brought together some of the top professionals in the field, including former U.S. Surgeon General Julius Richmond. Each chapter identifies important health considerations for American youth, describes and critiques previous interventions and current behavior patterns, identifies gaps in current knowledge, and recommends ways to improve nutrition and fitness in children and adolescents. Each chapter is followed by several insightful commentaries that view these challenging issues from different perspectives. The book also provides an overview of nutrition and physical activity as they affect child health, and suggests how industry, the media, government, and academia can each play a role in improving child health. Child Health, Nutrition, and Physical Activity is an important reference for medical and nutrition professionals, sports medicine researchers and practitioners, school and public health personnel, physical educators, and others involved in promoting child health. It's also suitable as a text for upper-division undergraduate and graduate-level courses in public health policy, pediatric exercise science, pediatric nutrition, health promotion, and related courses.

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.

Early childhood educators are responsible for the health and safety of the children they care for. From preventing harm from known safety risks to promoting children's medical, nutritional, oral, and mental health, educators and program directors act as children's daily protection and support. This easy-to-use manual provides educators with the information they need to ensure that the children in their care stay safe while they are learning the best practices to stay healthy for life. With suggestions, ideas, activities, and ways to involve families at home, Preschool Health and Safety Matters covers these topics: Healthy Habits (Health and Hygiene) Germ Busters (Health and Disease Prevention) Safe and Sound (Safety and Injury Prevention Indoors) Healthy Body and Mind (Mental Health) The Unique Child (Diversity in the Classroom) Food Facts (Nutrition and Food Safety) Fit and Fun (Fitness and Outdoor Activities) Kids on the Move (Transportation and Pedestrian Safety) Be Prepared (Emergency Preparedness) Jody Martin has a BA in psychology with a minor in child development and over twenty-five years of extensive and diverse experience in the early childhood field. She has been a preschool teacher, a center director, and a curriculum manager.

Health, Safety, and Nutrition for the Young Child Cengage Learning

This book provides students with a comprehensive understanding of the nutrition, health, and safety needs of young children from birth through 8 years of age. The book is designed to give future teachers practical, applied, easy-to-understand information that will prepare them to serve young children in the family child care, childcare center, preschool and early primary school setting. Students will find the case scenarios woven throughout the chapters engaging and an effective means to transfer the learning of concepts to real life settings. This transfer of learning is reinforced by web video clips available at the MyEducationlab website that bring what students read and learn to life.

More children born today will survive to adulthood than at any time in history. It is now time to emphasize health and development in middle childhood and adolescence--developmental phases that are critical to health in adulthood and the next generation. Child and Adolescent Health and Development explores the benefits that accrue from sustained and targeted interventions across the first two decades of life. The volume outlines the investment case for effective, costed, and scalable interventions for low-resource settings, emphasizing the cross-sectoral role of education. This evidence base can guide policy makers in prioritizing actions to promote survival, health, cognition, and physical growth throughout childhood and adolescence.

Healthy Children, Healthy Lives helps improve the wellness of children, families, and early childhood professionals in early childhood programs. This series of checklists covers six components of wellness—nutrition and healthy eating habits; physical activity and fitness; emotional health and resilience; healthy care practices; safety and risk management; and leadership, management, and administration. Each research-based checklist provides built-in guidance for improvement, complements any high-quality curriculum, and aims to contribute to children's ability to thrive and experience joy in life and learning.

HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 9th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children--and guides teachers in implementing effective classroom practices--in one comprehensive, full-color volume. Concepts are backed by the latest research findings and linked to NAEYC standards. The book emphasizes the importance of respecting and partnering with families to help children establish healthy lifestyles and achieve their learning potential. Early childhood educators, professionals, and families will find the latest research and information on many topics of significant concern, including food safety, emergency and disaster preparedness, childhood obesity, children's mental health, bullying, resilience, chronic and acute health conditions, environmental quality, and children with special medical needs. Also provided are easy-to-access checklists, guidelines, and activities that no early childhood student or professional should be without. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for the Enhanced Pearson eText may not be included, may be incorrect, or may be previously redeemed. Check with the seller before completing your purchase. This access code card provides access to the new Enhanced Pearson eText. This practical, comprehensive text helps students understand the interrelationships among nutrition, health, and safety, and gives them strategies to share their knowledge with children and their families. Covering the full range of childhood from birth into school age, it includes concrete, common in-text examples, case scenarios, and questions that promote thinking about professional situations students will face in their own classrooms and teaching situations, while providing a glimpse into the everyday contemporary classroom environment. The new edition features a stronger focus on wellness that prepares students to teach the diverse populations of young children in family child care, child care centers, preschools, and elementary settings by providing everything needed to ensure students understand wellness concepts, know how to apply wellness concepts, and know how to teach wellness concepts to children. More accessible, relevant, and useful to students than ever,

Nutrition, Health and Safety for Young Children gives early childhood teachers what they need to help all children attain wellness and be ready for success in school. The Enhanced Pearson eText features embedded videos and assessments. Improve mastery and retention with the Enhanced Pearson eText\* This access code card provides access to the new Enhanced Pearson eText, a rich, interactive learning environment designed to improve student mastery of content. The Enhanced Pearson eText is: Engaging. The new interactive, multimedia learning features were developed by the authors and other subject-matter experts to deepen and enrich the learning experience. Convenient. Enjoy instant online access from your computer or download the Pearson eText App to read on or offline on your iPad® and Android® tablet.\* Affordable. Experience the advantages of the Enhanced Pearson eText for 40-65% less than a print bound book. \* The Enhanced eText features are only available in the Pearson eText format. They are not available in third-party eTexts or downloads. \*The Pearson eText App is available on Google Play and in the App Store. It requires Android OS 3.1-4, a 7" or 10" tablet, or iPad iOS 5.0 or later.

Health, Nutrition And Early Childhood Education Contains Authoritative Information On Diverse Aspects Of Health And Nutrition. The Major Topics Dealt Are: A Time To Look At Child Health; Child Health & Social Work Intervention; Child Health : A Situational Analysis; Health Problems Among Slum Children; Voluntary Action For Community And Child Health; An Appraisal On Child Health; Health Culture Problems And Prospects; Health And Educational Needs Of Rural Children; Social And Health Environment And Icds; Common Childhood Disease; Child Nutrition And Health; Child Nutrition And Health Concern: Report Of A Field Study; Experiential Determinants Of Children S Food Preferences; Primary Health Care In Schools; Child Mortality In South Asia; Disabilities In Children; Prevention And Early Detection Of Childhood Disabilities; Socialization And Nutritional Status; Literacy And Education Amongst Children; Need, Importance And Objectives Of Early Childhood Education Etc.The Book Will Be Useful And Informative For Students, Researchers And Academics.

Health, Safety, and Nutrition Activities A to Z presents a detailed lesson plan format of open-ended activities. Users will enjoy the activities as they explore different options to live a healthy, safe, and nutritious life. The activities are easy-to-understand and follow. Each section will assist users in finding activities for a theme based curriculum, to incorporate a letter of the week, or provide a spur of the moment filler activity.

An invaluable textbook for instructors working in an educational setting, and for caregivers and parents desiring additional information about current concepts as they relate to the fields of health, safety, and nutrition for young children.

SAFETY, NUTRITION, AND HEALTH IN EARLY EDUCATION, International Edition, prepares students for a career in early childhood education through a combination of basic information and theory, practical applications, resources, and coverage of cultural competence.

Emphasizing the realities of working with children, the book covers the four major subject areas—safety, nutrition, health, and special topics—and includes vignettes, checklists, and case studies. This thoroughly updated fourth edition includes new Early Childhood Rating Scales (ECER-S), expanded information on younger elementary school age children, and simplified coverage of CPR and is designed throughout to help students build their understanding of cultural competence in working with children and families from diverse backgrounds. Coverage of special-interest topics such as 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 helps students see the real-world application of what they are learning.

This booklet for Safety, Nutrition, and Health, part of the Early Childhood Education Professional Enhancement series, focuses on key topics of interest to future early childhood directors, teachers, and caregivers. Students will keep this informational supplement and use it for years to come in their early childhood practices.

Douglas R. Shanklin is Professor of Pathology and Obstetrics and Gynecology, University of Tennessee, Memphis.

Health, Safety and Nutrition for the Young Child, 7th edition addresses the contemporary health, safety and nutrition needs of infant through school-age children in one comprehensive volume. Extensive coverage of topics critical to the early identification of children's health conditions and the promotion of children's well-being reflects the latest research findings. Collaboration with families, sensitivity to individual differences and the critical importance of health, safety and nutrition education continue to be stressed. This time-proven book is written in a clear, concise and thought-provoking manner and is loaded with easy-to-access checklists, guidelines and lesson plans that no early childhood student or professional should be without! Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Infant, Child and Adolescent Nutrition: A Practical Guide, Second Edition, is an evidence-based, practical guide introducing readers to the theory behind optimal child nutrition. Containing practical advice on how to put that theory into practice, this new edition facilitates learning through case studies, key points, and learning activities. Divided into seven sections, chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18. Sections throughout focus on topics ranging from nutrient requirements, balanced eating patterns and common problems to cultural influences on food choices and guidelines on assessing growth and dietary intakes. Prevention and management of obesity and allergies are covered in separate chapters. The first 1000 days are given particular consideration with chapters on diets for preconception, pregnancy, milk feeding and complementary feeding during infancy. The chapter on nutritional treatments covers common conditions such as diabetes and Crohn's disease, as well as more intricate feeding regimes and tube feeding required for children with rarer diseases and syndromes. New in this second edition are: · Changes in in food allergy prevention and oral immunotherapy treatments. · Causes and management strategies to deal with fussy and selective eating in toddlers. · The importance of iodine in diets before and during pregnancy to improve children's cognitive abilities. · Updated recommendations on vitamin D supplementation. This second edition is an essential reading for students taking courses in nutrition and paediatric healthcare. It serves as a useful reference for individuals responsible for the nutritional intakes of children in primary care and community settings including early years practitioners, midwives, health visitors, school nurses and governors, social workers, paediatricians and general practitioners. About the Author Judy More BSc, RD, RN is a Paediatric Dietitian, Honorary Lecturer at the University of Plymouth, UK and Director of Child-nutrition.co.uk Ltd, London, UK.

To counteract the prevalence of childhood obesity and to establish lifelong healthy eating habits, this research-based early childhood curriculum is designed to increase children's preferences for nutritious fruits and vegetables. The tested "seed-to-table" approach will engage preschoolers in all aspects of planting, growing, and eating organically grown foods. Also included are recipes children can help prepare and ways to involve the whole family in making healthy food choices. These activities can be tailored to fit any early childhood program, climate, or geographical region.

In its resolution WHA54.2 (2001) the WHO recommends the promotion and support of exclusive breastfeeding for 6 months, and then the provision of safe and appropriate complementary foods whilst continuing breastfeeding until 2 years of age or beyond. The 56 Nutrition Workshop has been specifically developed to review the medical and scientific aspects of these topics and to sustain the Nestle Development Nutrition Program (NDNP).

Early Years Nutrition and Healthy Weight focuses on the early years of childhood as a key period in which eating and exercise habits are formed. Combining current evidence with practical advice, an international group of health specialists advise on the avoidance and management of childhood obesity. They look at key risk areas such as early sedentary behaviour, parental influences and underlying medical causes, and also investigate practical interventions including advice during pregnancy, parenting strategies, and prevention during pre-school and the early school years. This practical handbook contains vital information and advice for all nutritionists and dietitians working with young

children and families. It will also be a valuable text for health visitors, paediatricians and general practitioners, and students of nutrition and dietetics specialising in paediatric nutrition. Key features: Only practitioner handbook dedicated to the early years of childhood as the key to ensuring healthy weight in later life Covers pregnancy through to pre-school and early school years interventions Also addresses the social and psychological issues that underpin nutritional problems International group of expert authors consider the issue across the developed world Case studies in each chapter illustrate the application of theory to practice

This book contains 7 chapters. The following topics are discussed: case for school health and nutrition; challenges for child health and nutrition (infectious diseases and nutritional deficiencies); health, nutrition and access to education; long-term effects of preschool health and nutrition on educational achievement; health, nutrition and educational achievement of school age children; costs and benefits of school health and nutrition interventions; and school health and nutrition programmes.

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

Safety, Nutrition and Health in Early Education will prepare child caregivers to deal with issues of children's safe environments and good nutrition and health, in a practical and realistic manner. It covers basic information, theory, and health assessment tools. In addition, the text includes practical applications, caregiving skills, cultural sensitivity and resources needed for working with children, families and staff. Organized to deliver the material so it is easy to learn and understand, it also includes color art and photographs which help to emphasize key points as well as reflect the diversity in child care.

Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900 and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st-century with a shocking development—an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st-century. Preventing Childhood Obesity provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention-oriented action plan that identifies the most promising array of short-term and longer-term interventions, as well as recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence. Preventing Childhood Obesity explores the underlying causes of this serious health problem and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

'I believe that [this book] could be of value to practitioners working with birth-five year olds, heads or managers of nurseries, health professionals or students who wish to gain an overview of this subject....I enjoyed reading this book and it literally gave me much food for thought' - Early Years 'This book is a welcome addition and the contributors should be congratulated on the scope and depth they manage to achieve...this book is an interesting read, dealing with a topical, yet complex issue' - Journal of Early Childhood Research 'Food plays a huge part in our lives, and this book looks holistically at its influence, including our emotional as well as physical wellbeing. It provides useful facts on diet and healthy eating guidelines for children under five, school age children, adults and pregnant mothers...There is advice on promoting positive attitudes towards food in an early years setting, along with practical advice and case studies to help practitioners promote healthy eating in their settings' - Early Years Update 'This highly readable, thoroughly researched book explores food and eating in an historical, cultural and psychological context and, as public concern about children's nutrition rises, its publication is timely. Food and Health in Early Childhood is a comprehensive, clearly written text enriched with case studies and pertinent reflective activities to consolidate learning' - Angela Underdown, Associate Professor, Early Childhood Studies, University of Warwick The media interest surrounding children, food and nutrition continues to influence policy and practice in early years settings, and food and eating is of fundamental importance to early childhood practice. Not only does food contribute to health, in terms of nutrition it's also a vital part of a child's emotional and socio-cultural experience that is linked to their growing sense of well-being and identity. This book gives you a comprehensive overview of food and eating in the early years, covering the following: - nutrition - policy development - health inequalities - food, culture and identity - food and emotion - healthy eating guidelines - promoting healthy eating in the early years - multi-disciplinary working in relation to young children's nutrition Each chapter includes case studies, links to useful websites, activities and suggestions for further reading. An interactive approach from the reader is encouraged throughout the book. Aimed at all early years practitioners, it will be of particular interest to those studying for Early Childhood Studies' degrees and those studying for EYPS. Other professionals and students with an interest in this area (teachers, health visitors, dieticians) will also find it useful.

Provides an introduction to constructivist physics with classroom examples illustrating how children construct knowledge. Shows how to promote children's scientific reasoning by engaging them in active experimentation.

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The Nutrition Embedded Evaluation Program Impact Evaluation (NEEP-IE) cluster randomized control trial (CRCT) aimed to assess the effectiveness of implementing an agriculture and nutritional intervention through preschools, known as community-based child care centres (CBCCs) in Malawi (6). This included; activities to promote nutritious food production and consumption, promotion of optimal feeding and caring practices and engagement with parents in pre-school meal planning and preparation. The NEEP-IE trial has demonstrated that CBCCs can be an effective platform to scale-up an integrated agriculture and nutrition intervention, and improve food production diversity, maternal knowledge, nutrition practices at household level and diets of pre-schoolers and their younger siblings, as well as improve linear growth in younger siblings aged 6-24m (7). This study presents the impact results of the NEEP-IE trial focusing on child development outcomes of pre-school children during a 12m intervention period.

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