

A HEALTHY CHILD IS A HAPPY FUTURE OF OUR COUNTRY

March 2021, written by staff at the Lithuanian kindergarten „Žiogelis“ in Anykščiai

The kindergarten „Žiogelis“ in Anykščiai integrates a health promoting programme into the educational process. This programme firstly is based on practicing and using natural recourses: fresh air, sunshine, and water procedures. The time spent in the water-to-knee pool maintains healthy body and well-being.

Ventilation of playrooms, going for a walk in the fresh air and hiking gives positive effects to child's mood, physical growth and development.

To prevent flatfoot cases among children a set of muscle, joints and ligaments exercises are offered.

We know that nutrition is another important issue should be considered. A well-balanced diet includes eating plenty of fruit and vegetables, water drinking and controls the consumption of sugar and salt. Children have three meals a day: breakfast, lunch, dinner, and supper. A Milk Programme increases calcium supplies and develop strong, healthy bones and teeth.

An appropriate posture is not only for a good-looking and lovely child image now, but for preventing health risks later. When sitting, a child's back should be straight with shoulders back, so a child-sized furniture and physical environment controls these risks.

Health promoting kindergarten is a better place for children to grow and for staff to experience non-traditional methods of teaching and to focus on action-oriented approach to health education.

This approach also involves:

- daily morning exercises
- playing outside and making active time fun as much as possible (biking, scooting, jumping on trampolines)
- sport festivals organized by PE teachers
- hiking
- helping individually to posture and flat-foot corrections
- sharing experiences with home and community.

Link to website: www.anyksciuziogelis.lt