

# Skills for Living

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# Topic 10-3

## Meeting Children's Physical Needs

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- In this topic, you will learn about the physical needs of children that must be met by parents, as well as
  - ❖ **Serving food**
  - ❖ **Choosing clothes**
  - ❖ **The role of play in physical development**
  - ❖ **Creating a healthy and safe environment**

# Meeting Children's Physical Needs

## Objectives for Topic 10-3

After studying this topic, you will be able to

- describe how a child's likes can be used to encourage good eating habits
- explain factors to consider when selecting clothes for children
- identify benefits children gain from physical activity
- list guidelines to help parents maintain a healthy and safe environment

# Topic 10-3 Terms

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- ❖ self-help features
- ❖ active-physical play
- ❖ manipulative-constructive play
- ❖ immunizations
- ❖ communicable diseases
- ❖ first aid



# Serving Food

- Parents need to provide nutritious meals for their children
- Children may not eat all the food they require at meals
- Snacks are also important for children



# Mealtime Psychology

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- To persuade children to eat foods that are good for them
  - ❖ praise good behavior
  - ❖ serve milk-rich foods
  - ❖ serve small portions
  - ❖ serve brightly colored foods
  - ❖ serve children foods prepared especially for them

# Involving Children in Meal Preparation

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- Allow children to
  - ❖ help with the menu plan
  - ❖ choose between healthful food options
  - ❖ do simple food preparation tasks
- These steps
  - ❖ help teach children about food preparation
  - ❖ encourage children to eat



# Snacks

- Snacks for children should
  - ❖ supplement the foods children eat at meals
  - ❖ be served at least an hour before meals
  - ❖ help meet nutrition requirements
- Finger foods are easy for children to eat





# Choosing Clothes

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- Clothes for children
  - ❖ provide physical protection
  - ❖ can help children develop decision-making skills
  - ❖ can stimulate intellectual development
  - ❖ should be comfortable

# Fit

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- Buy clothes that fit, but allow a little extra room for growth
- Proper fit allows for comfort and safety
- Trying on clothes is the best way to choose the child's correct size

# Fabric and Construction

- Children prefer soft fabrics
- Knits allow for comfort
- Clothes should be well-constructed to withstand activity and laundering





# Self-Help Features

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- Children like to dress themselves
- *Self-help features* are clothing design details that make it easier for children to put on and take off clothing
  - ❖ elastic waistbands
  - ❖ large neck and arm openings
  - ❖ large buttons and snaps

# Size of Wardrobe

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- The size of a child's wardrobe depends on such factors as
  - ❖ climate
  - ❖ availability of laundry facilities
  - ❖ the family's personal priorities
  - ❖ use of garments before the child outgrows them

# The Role of Play in Physical Development

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## ■ *Active-physical play*

helps children develop large-muscle skills

- ❖ walking
- ❖ running
- ❖ hopping
- ❖ jumping

## ■ *Manipulative constructive play*

helps children develop small-muscle skills

- ❖ writing
- ❖ drawing
- ❖ stacking
- ❖ puzzles



# Creating a Healthy and Safe Environment



- Providing proper health care
- Ensuring a safe environment
- Protecting children from strangers and abductions
- Preventing accidents
- Learning first aid procedures

# Health Care

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- Maintain cleanliness
- Take children for regular medical checkups and needed *immunizations* (injections or drops given to a person to provide immunity from a certain disease)
- Keep children away from people with *communicable diseases* (illnesses that can be passed on to other people)
- Take steps to prevent foodborne illness

# Safety

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- Supervise children at all times
- Make sure toys are safe
- Use gates at tops and bottoms of stairs
- Keep hot water and hot objects out of reach
- Keep medicines and cleaning products locked up
- Keep plastic bags away from children
- Protect children from electrical hazards
- Use car seats



# Protecting Children from Strangers and Abductions

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- As children grow and gain independence, they should be taught how to act with caution
  - ❖ Do not open the door to strangers
  - ❖ Do not get in a car or go anywhere with a stranger
  - ❖ Do not reveal personal information when talking to strangers
  - ❖ Do not accept food gifts unless a caregiver is present

# First Aid in Emergencies

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- ***First aid*** is emergency care or treatment given right after an accident
  - ❖ Cuts, abrasions, and puncture wounds
  - ❖ Minor and severe burns
  - ❖ Broken bones
  - ❖ Splinters
  - ❖ Insect stings
  - ❖ Electrical shock
  - ❖ Choking

# Summary for Topic 10-3

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- Parents must make sure that children's physical needs are met
- Children should be offered a variety of nutritious and appealing foods
- When choosing clothes for children, fit, features, fabric, and construction should be considered
- Parents need to encourage their children to be physically active, and create a healthy environment for them