

Obesity in Early Childhood

Early childhood is two to five age which is a sensitive development age. They have a physical and motor development in which marked by impressive gains in both gross and fine motor skills. According to our textbook “The Development of Children” mentioned that “growth rates of the body and brain are considerably slower during early childhood than they were in infancy” (p.272). Sleeping and Eating are necessary for early childhood development. They need to get enough sleep and eat good nutrition. In addition, Lightfoot, Cole, Cole. (2005) also noted “Young children rely on parent to provide them with nutritious meals and snacks” (p. 275). On the other hand, every family come to a different situation. For example, some families in developing countries like African countries, are lacking good nutrition to provide their kids and they are food-insecure. These situations lead to an increase of a number of problems, including development delays and poor academic achievement.

To be a healthy child is very important in early childhood. Developing new levels of physical activity enabled by increased motor development asks for the young body for appropriate amounts of both sleep and nutrition. Eating poor nutrition in early childhood is causing many serious health problems such as obesity, diabetes, high blood pressure and heart disease in adulthood. These are in the top five causes of death in the world.

In my opinion, I really concern about obesity in early childhood. When I came to the U.S., I was wondering why the U.S. is the vast and developed country in the world. They have high technology and perfect education system why American people consume a lot of sugar and junk food, especially in childhood. Base on the statistic “Top 10 U.S. Children’s health concerns” (2015), the number

one of children's health concerns is childhood obesity. This is a big problem in the U.S. right now. Moreover, according to the article "Early Child Care Obesity Prevention Recommendations: Complete List" (2012) mentioned that children's early-life experiences, such as lack of breast feeding, lack of sleep, and too much television can increase the risk of obesity later in adulthood. As a result, early childhood teachers and parents have such a crucial role to play in turning around the obesity epidemic. Early childhood should be a critical time to obesity prevention. How to prevent this problem?

I think as an early childhood educator, childhood obesity is a huge concern. Teachers have an important role in educating young students and should collaborate with parents about how to protect their kids from obesity. We have to teach our children about nutrition more than present by teaching and playing in the classroom. For example, providing a variety of nutritious foods, limiting junk food and sugary drinks, and encouraging parents to do the same at home. Early childhood teachers also should be a good model for their students because I believe every student spent time in school more than their house and they like to pretend like their teacher too.

Reference

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