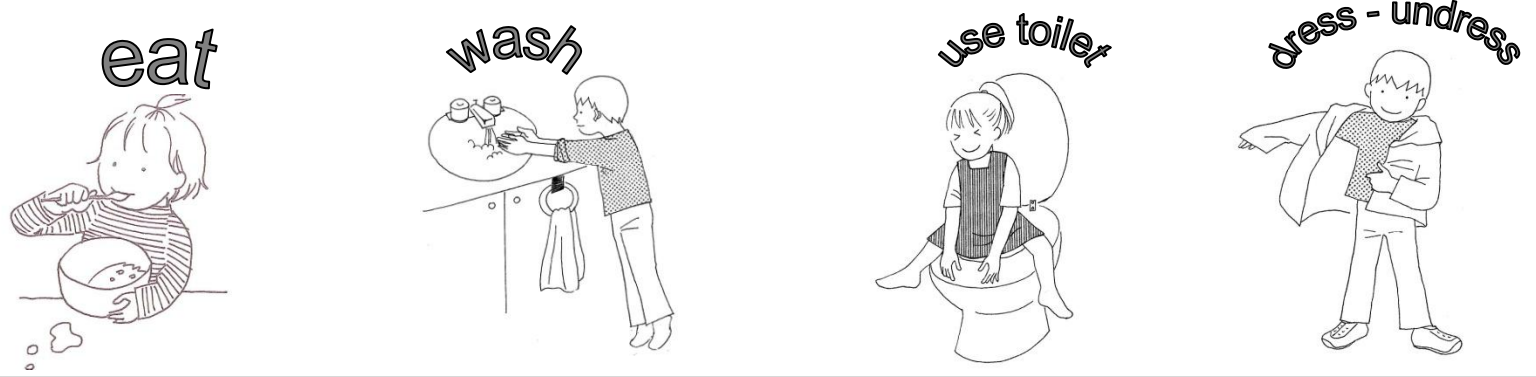


# EARLY HEALTH CONCEPTS



**A young child learns from everyday activities**

**Self-help skills**  
Independence skills increase with practice and age.

**Concepts**  
Daily experiences become concepts when the child thinks and talks about them with an adult.

**Feed self.**  
**Wash hands and brush teeth.**  
**Use toilet.**  
**Undress and dress self.**

**Eating nutritious food makes me grow bigger and stronger.**



**Washing and brushing teeth regularly keeps me clean and healthy.**



**Using the toilet regularly keeps me healthy.**



**Clothing that is appropriate for the weather and activity keeps me comfortable.**



**BASIS FOR SCHOOL**



**Parents  
Caregivers**



**Provide nutritious food and appropriate clothing. Maintain regular hygiene habits. Explain the reasons for your routines and decisions. Use your home language. Praise your child for her efforts.**