

## Editorial note on Well-Being Program

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### Editorial

Journal of Child and Adolescent Health is an online open access peer-reviewed journal that encourages scientific innovation and advancement in the broad area of child and adolescent health and aims at improving the dissemination of original scientific knowledge. Journal is interested in publishing all kinds of original work in this multidisciplinary field of child and adolescent health that help in improving the complete health of people in the age range of infants to young adults.

Children's health includes the physical, mental, emotional, and social well-being of children from the embryonic stage to puberty. According to the schedule recommended by the physician or pediatrician, children should have regular checkups.

### Importance of Child Health

Mounting evidence that health during childhood sets the stage for adult health not only reinforces this perspective, but also creates an important ethical, social, and economic imperative to ensure that all children are as healthy as they can be. Healthy children are more likely to become healthy adults. Child health is a state of physical, mental, intellectual, social and emotional well-being and not merely the absence of disease or infirmity. Healthy children live in families, environments, and communities that provide them with the opportunity to reach their fullest developmental potential.

Child health is foundational to adult health and well-being. When children's health is nurtured and supported and there is an absence of physical and mental abuse, or other intentional childhood trauma; and there exists opportunities to gain habits that support good health during childhood, the stage is set for a healthy adulthood less likely to include chronic health problems such as overweight/obesity, poor oral health, diabetes and other chronic physical and mental health problems.

Early childhood, particularly the first 5 years of life, impacts long-term social, cognitive, emotional, and physical development. Healthy development in early childhood helps prepare children for the educational experiences of kindergarten and beyond. Learning through health and wellbeing enables children and young people to: make informed decisions in order to improve their mental, emotional, social and physical wellbeing. experience challenge and enjoyment. experience positive aspects of healthy living and activity for themselves.

In the family, school and community, children should be fully protected so they can survive, grow, learn and develop to their fullest potential. Millions of children are not fully protected. Many of them deal with violence, abuse, neglect, exploitation, exclusion and/or discrimination every day.

### Conclusion

These examples of good practice show that literacy teaching and learning is an integral part of high quality early childhood education. The services in this report promote an holistic approach to literacy where children's literacy experiences are part of purposeful play, and are attuned to their interests. Self review of programmes in these services focuses on literacy outcomes for children. It results in changes to teaching and learning that create equitable opportunities for all children.

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