TITLE:
Health support for preschool aged children in selected preschool facilities

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ABSTRACT:
The bachelors work discusses chosen aspects of health that contribute to a healthy child development in preschool age. The theoretic part characterizes psychomotoric and social child development in preschool age, basic needs and factors affecting his healthy development and further, the long term program for health support “Zdraví 21” is discussed with links to targets dealing with preschool children, making their life conditions and life style better. The next section focuses on current preschool education offers including private preschool institutions and alternatives aiming for healthier lifestyle education.

Goal of the practical part is to map the situation of health support from physical activities, sleep and boarding point of view in chosen public preschool and private preschool institutions. To verify the goal a semi structured interview was taken with directors of private preschool and public preschool institutions in Prague. It was determined, that activities of all institutions support healthy child development.

KEYWORDS:

preschool aged children, physical activities, nutrition, sleep, preschool education