



SOCIAL DETERMINANTS OF HEALTH

# EARLY CHILDHOOD DEVELOPMENT

HOW...

## EARLY CHILDHOOD DEVELOPMENT RELATES TO HEALTH

Early childhood development refers to the physical, social, emotional, and cognitive development of **children from birth to age 5**. Early experiences have a significant impact on a child's health and well-being.

Early childhood development shapes the brain and affects long-term physical, cognitive, and social-emotional development. **High-quality** early childhood development leads to **better health, improved school readiness, and increased productivity in adulthood**.

"Children from **low-income families and marginalized communities** are at **higher risk of experiencing adverse childhood experiences**. Early childhood education and **intervention programs can help** mitigate disparities and promote positive health outcomes for all children."

- World Health Organizations -

## RESOURCES

### **EarlyON Child and Family Centres:**

Free drop-in programs for children aged 0-6 and their families that offer play-based learning and support for parents/caregivers.

<https://www.earlyonwaterlooregion.ca/>

### **KidsAbility:**

Therapy and support services for children with developmental and physical disabilities, including early intervention, speech therapy, occupational therapy, and physiotherapy.

<https://kidsability.ca/>

### **Strong Start Charitable Organization:**

Free one-on-one tutoring for children in grades 1-3 who struggle with reading to support early literacy development.

<https://strongstart.ca/>

### **Nutrition for Learning:**

Healthy breakfast, snack, and lunch programs for students in schools across the Kitchener Waterloo region to ensure access to nutritious food for growth and development.

<https://www.nutritionforlearning.ca/>