

## The Importance of the Environment for Children's Health

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Children are human in development. The experiences lived in the first years of life are fundamental for the formation of the future adult. Therefore, it is very important that the child grows up in a healthy environment, surrounded by affection and with freedom to play. Childhood is a time when much of human potential develops. The disturbances at this time are responsible for serious consequences for individuals and communities.

Growth and development are marks of childhood. Growing and developing well means having your needs for biological nutrients, affective and sociocultural stimulus met at all stages of life. Thus, growth and development are indicators of the quality of life.

Monitoring the development of the child in the first years of life is of fundamental importance, because it is at this stage of extra-uterine life that the nervous tissue grows and matures, and therefore more chances of injuries. Due this great plasticity, it is also at this time that the child responds better to the stimulus he receives from the environment and to interventions, when necessary.

It is important to stimulate the child's development early, so that they can gain self-confidence, self-esteem and develop the capacity to relate well with other children, the family and the community.

The intervention should involve motivations that contribute to changes in body structures and functionality, as well as environmental adaptations and optimizations, to promote better interaction between the individual and the environment.

In this way, health professionals, family, community and the Government should be aware of some important steps to improve the health of children and provide an environment conducive to their development, taking care since the gestational period and monitoring their growth.

- Humanized and qualified care for gestation, delivery, birth and newborn. With follow-up of this gestation, in the prenatal and after the birth, with health services of quality and easy access.
- Breastfeeding and healthy complementary feeding. Breast-feeding has unquestionable advantages for the child and for the mother.
- Follow-up of growth and integral development. Consists of monitoring and stimulating full growth and development
- Integral attention for children with problems that are prevalent in childhood and with chronic diseases. Strategy for the early diagnosis and qualification of the management of diseases prevalent in childhood and actions to prevent diseases
- Care for children in situations of violence, preventing accidents and promote a culture of peace. Violence interferes with the full development of the child, as it may leave organic and emotional sequels.
- Attention to the health of children with disabilities or in specific situations and vulnerability. Identification of the situation of vulnerability and risk of injuries and illness, recognizing the specificity of this public for a resolute attention.
- Surveillance and prevention of infant, fetal and maternal death. Infant mortality refers to the death of children under one year of age.

Biological and environmental factors help children in their biopsychosocial development. Encouragement is need for parents and family members, as well as government actions to ensure the child's health is fully realized.

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