**Explore the role of the PTA in promotion of health & wellness and prevention for the pediatric & adolescent population. (10pts)**

*How would the PTA promote health & wellness for this population? What is the focus/benefit for this population? Provide examples of programs and educational information for this population.*

***Use resources: List resources in the capstone and provide links to resources in e-portfolio***

*(Include a minimum of two resources)*

*Possible resources (textbooks, websites, videos, programs, etc)*

Wellness is not just the physical part of a child’s life. They need to have a good mind set and to be nurtured. We need to teach children how to use their minds to their fullest potential and this will help them have a happy and healthy mind. They need to know that they can make choices in their life. For example, we want kids to eat healthy and to not eat too much sugar or junk food. A way we can get to them to eat healthy would be to explain why those foods aren’t good to eat all the time and what they can do to the body. But you don’t want them to not eat them at all, you want to give them choices and have them decide. If you teach your child the consequences of eating too much sugar and junk food can lower their immune system and can get sick easier.

Show your kids how their bodies work to fight off colds or other illnesses, or how they heal a cut, how their muscles work or their heart, or what working out does for their whole body. This can be done in fun and creative ways such as drawings, games, or through a story.

In the physical therapy aspect of pediatric wellness and health, physical therapy can help in many ways. For example, if a child injures their arm or leg or any other part of their body, physical therapy can help to make sure that there aren’t any complications that could happen and they can treat the injury. When working with pediatric physical therapist, they make the treatment into play. They make the treatment into things or activities that the kids like to do. This will hopefully make the child be more interested in doing their treatment and stay focused. When having a more kid focused therapy session it can help the child get better and focus on their health.

# References

*5 Big Benefits of a Pediatric Physical Therapist*. (2019 ). Retrieved from Children's Healthcare of Atlanta : https://www.choa.org/medical-services/wellness-and-preventive-care/parent-resources/all/benefits-of-pediatric-physical-therapists

Sheppard, J. (2019 ). *A Wellness Approach for Children*. Retrieved from Healthy Child : https://www.healthychild.com/a-wellness-approach-for-children/