

Development of Health Promoting Kindergarten (HPK) Network in Estonia



Viivika Roostar

Head teacher of Rakvere Triinu kindergarten,
Coordinator of Health Promotion of West-Viru kindergartens

- The development of the Health Promoting Kindergarten (HPK) network in Estonia began in 2000.
- The network includes kindergartens which have joined the voluntary basis, and who are guided by the principles of health promoting kindergarten in their activities.
- The aim of the health promoting kindergarten is to maintain and strengthen the child's health and to create conditions conducive to well-being for both children and staff.

The network operates on three levels:

I Kindergarten level - health team

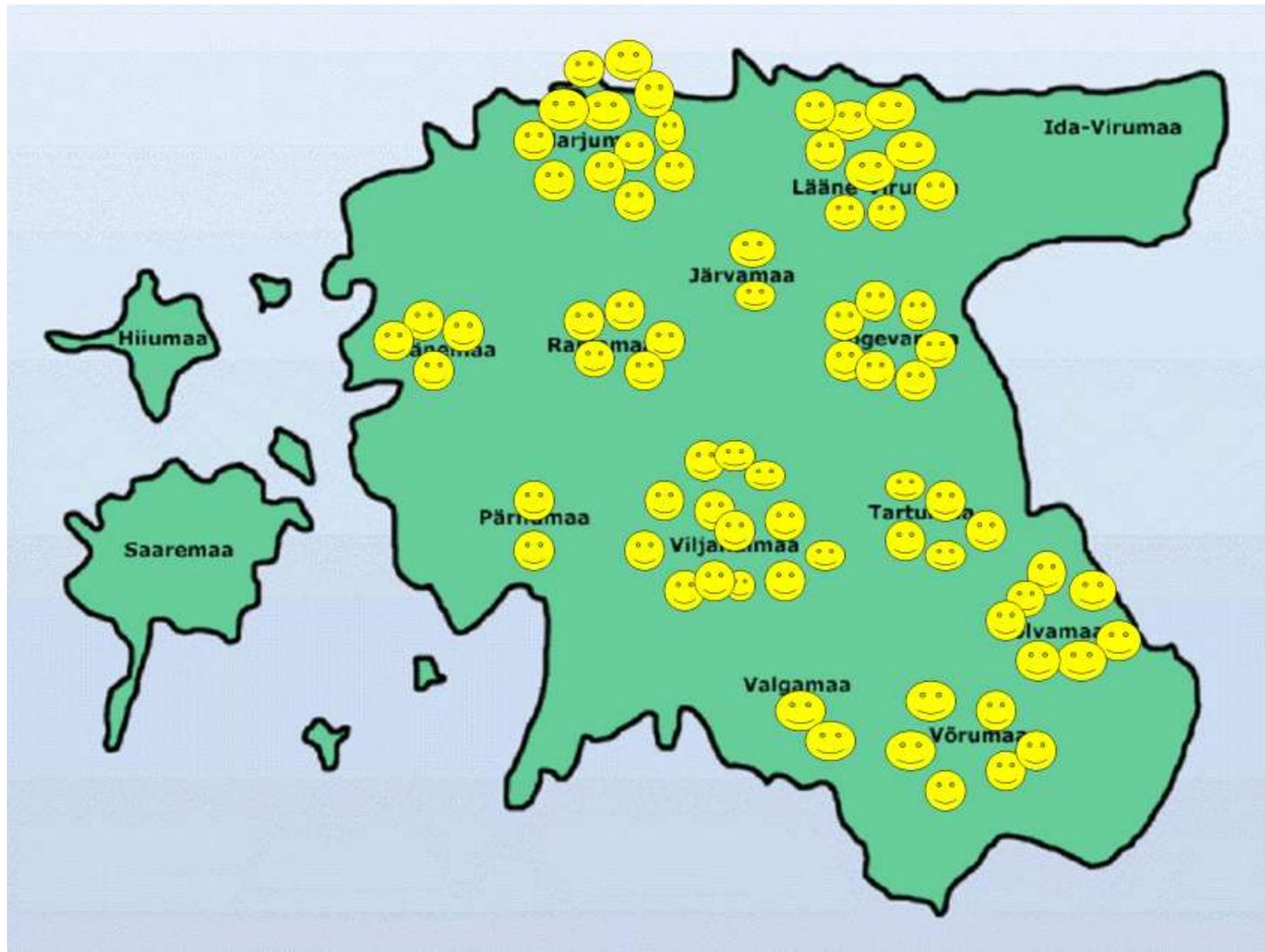
The goal is to direct the consistent development of the area of health and wellbeing in kindergarten. The membership depends on the personnel of the institution.

II County / city level - HPK network

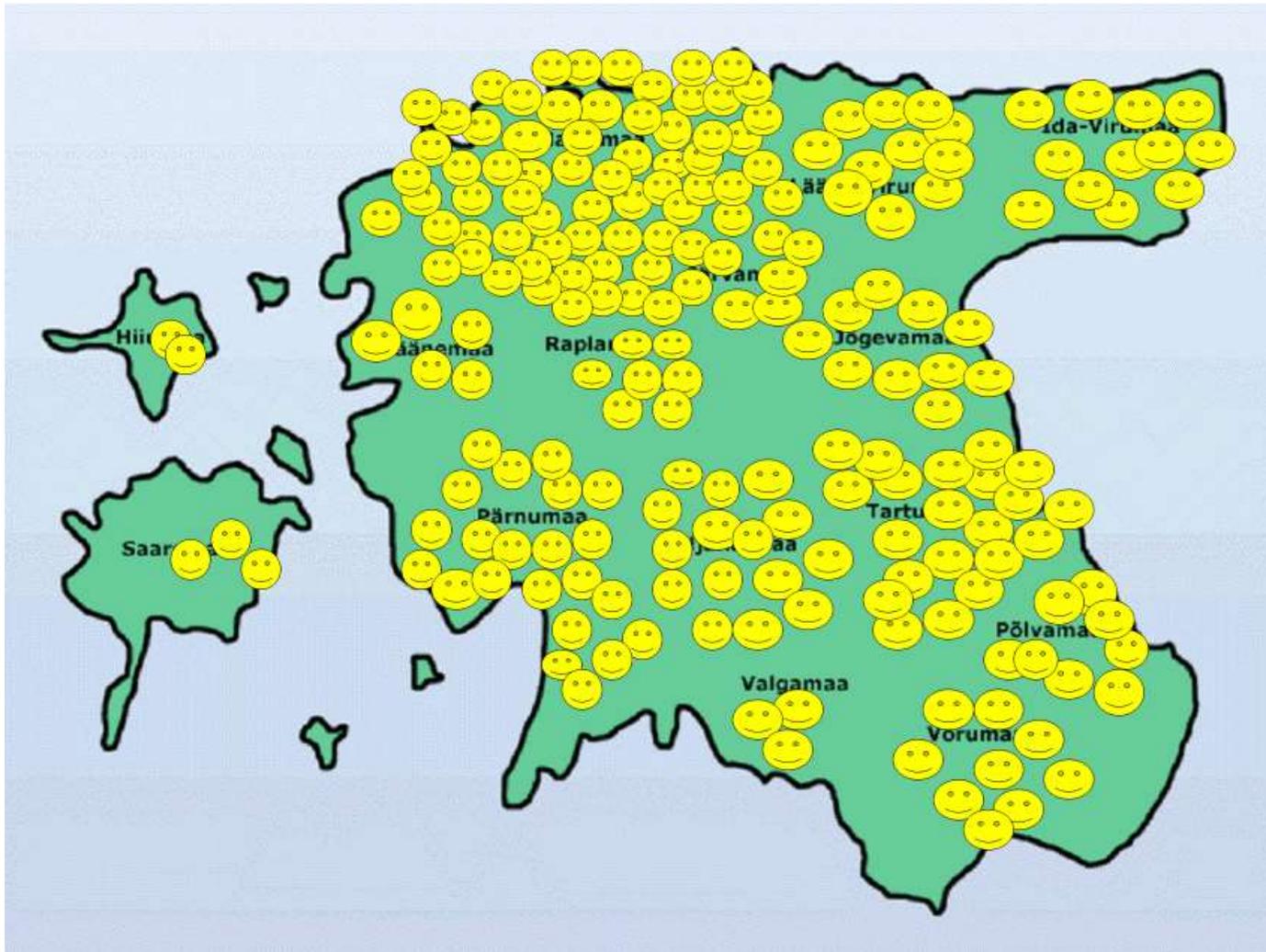
At this level, the network brings together all the health promoting kindergartens of the locality. The local network is advised by the coordinator.

III National Level - National Institute for Health Development

In 2005



In 2015



All-Estonian cooperation network has 300 members, who are coordinated and advised by the kindergarten coordinators.

Coordinator tasks:

- to work together with Health Promoting Kindergartens in other counties, with aim to exchange experiences and "good practices";
- organize information days, training sessions and health events;
- cooperate with local authorities and participate in the work of the county health council;
- prepare, compile and disseminate health-promoting and prevention materials;
- share information that comes from the national level (National Institute for Health Development).

In the West-Viru county, 13 kindergartens belong to the HPK network.



Rakvere Triinu Kindergarten belongs to the HPK network since 2001.



The Kindergarten's Health Board has 9 members and it includes:

- Group teachers
- Movement teacher
- Teaching assistant
- Management representative
- Parent's representative

Members of Health Board:

- work together to evaluate children's health and development and to clarify needs and problems;
- act in the name of the well-being of the kindergarten staff;
- is enterprising in acquiring supplementary funds;
- looking for partners in the region;
- want to continuously improve their skills and knowledge;
- organize health supporting events for children, parents and staff etc.

Kindergarten belonging to the network has:

- increased the staff's sense of cohesion;
- deepened the knowledge of adults working with children about health promotion and its various aspects;
- changed mindset;
- made it possible to establish new relationships with different partners;
- enabled to participate in versatile trainings;
- deepened the skill to evaluate yourself and your activities and to plan based on results.

Safety



Nutrition



Movement



Mental health



Social health



Cooperation

