

# Early Childhood Development and Education

Increasing access to high-quality and comprehensive early childhood development and education programs can improve children's future health and well-being.

**Health and Nutrition.** Children who participate in high-quality, early childhood education programs that include health care and meals or snacks are in better health than children who don't have access to the same type of programs.

**Education.** Early childhood development and education programs can improve learning and social skills and increase readiness for school.

**Quality.** Features of high-quality, early childhood development and education programs include well-trained teachers and smaller classes.

