

INDICATORS OF CHILD WELLBEING (Kirk, 2024)

Indicators of child wellbeing encompass a range of factors that measure physical, mental, emotional, and social health. Here are some key indicators:

1. **Physical Health:**
 - Healthy birth weight
 - Regular growth and development milestones
 - Access to nutritious food and clean water
 - Immunization status
 - Frequency of physical activity
 - Access to healthcare services
2. **Mental and Emotional Health:**
 - Presence of positive self-esteem
 - Ability to express emotions appropriately
 - Resilience in the face of challenges
 - Low levels of anxiety, depression, or behavioural problems
 - Access to mental health services
3. **Safety and Protection:**
 - Living in a safe and stable environment (free from abuse, neglect, violence)
 - Protection from accidents and injuries
 - Awareness and education about personal safety
4. **Educational Achievement:**
 - Regular school attendance
 - Engagement in learning and academic success
 - Access to quality early childhood education
 - Support for learning disabilities or special education needs
5. **Social and Emotional Development:**
 - Positive relationships with peers and family members
 - Ability to form and maintain friendships
 - Participation in community or social activities
 - Demonstrating empathy and cooperation with others
6. **Economic Stability:**
 - Living in a financially secure household
 - Access to necessary resources (clothing, school supplies, internet)
 - Freedom from extreme poverty or homelessness
7. **Cultural and Identity Wellbeing:**
 - Connection to cultural, spiritual, and community values
 - Opportunities to learn about and practice cultural traditions
 - Positive sense of identity and self-concept
8. **Family and Home Environment:**
 - Presence of supportive, caring relationships with parents or guardians
 - Consistent caregiving and nurturing family dynamics
 - Stability in housing and family structure

These indicators are often interrelated, with each playing a role in a child's overall wellbeing.

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