



The health and well-being of children's and adults is of prime local and national importance, with almost daily information and messages in the media about obesity, food choices, mental health and oral health.

The Healthy Early Years Awards compliment your statutory requirements in many ways and will help to scaffold good practice, provide professional validated advice to support practitioners in the setting and when providing advice to parents and careers.

The revised 2024 EYFS states:

Learning and Development

Prime area - Physical Activity: 'Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives.'

Prime area - Personal, Social and Emotional Development: 'Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably.'

Safeguarding and Welfare:

3.3. Providers must take all necessary steps to keep children safe and well' (Which includes to promote good health).

3.55 Groups/ 3.54 CM. Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious

3.51 Groups/ 3.50 CM. Providers/CM's must promote the good health, including the oral health, of the children they look after.

In addition it supports your principles and approaches to the unique child, positive relationships enabling environments and partnership with parents as well as policies and staff health and wellbeing.

The Early Years inspection handbook outlines that good practice will:

Support children to develop physical and emotional health.

Provide a healthy diet and a range of opportunities for physically active play, both inside and outdoors.

Give clear and consistent messages to children that support healthy choices around food, rest, exercise and screen time.

Development Matters 2023 suggest practitioners should:

Talk to children about the importance of eating healthily and brushing their teeth. Consider how to support oral health. For example, some settings use a toothbrushing programme.

Look out for children who appear to be overweight or to have poor dental health, where this has not been picked up and acted on at an earlier health check.

Adapt activities to suit their particular needs, so all children feel confident to move and take part in physical play.

Talk with children about exercise, healthy eating and the importance of sleep.

Comment on how to eat healthily, listen to children's responses and develop conversations about this.

Narrate your own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.

Birth to 5 Matters 2021 states:

Good health and wellbeing enable children to participate in and enjoy learning experiences and gain the most benefit.

Associating healthy eating with pleasurable experience supports future food decision-making

Give children the chance to talk about what they like to eat, while reinforcing messages about healthier choices.

Provide support and advice for parents on healthy eating, oral hygiene and sleep expectations for their children.

Undertaking the Southampton Healthy Early Years Award, a Funded ** quality assurance programme, will help you to make a difference and to create a healthier environment for children in your care and to set positive patterns of behaviour now, and for the future.

Details can be found on the website: <http://www.southampton.gov.uk/heya>

Or contact us: Email: Heya@southampton.gov.uk

Facebook <https://www.facebook.com/southamptonHEYA>

**Undertaking any of the awards is free for Southampton Early Years providers (Childminders, nurseries, pre-schools, maintained provision and Children's Centre's). Charges will apply for settings outside of the city.

Healthy Southampton

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