

Introduction

In this section explain the purpose of your Early Years Health policy, and how this was developed. How will parents be made aware and provide feedback on this policy? Detail when the policy will be reviewed.

Food Provision

Menu planning – How are your menus planned? What guidance is followed? Include that all of your menus will be analysed by the Growing Healthy Families team to ensure that they meet nutritional guidelines and are tooth friendly. How can the parents/carers feedback on the menus and how will this feedback be acted upon? What meals are provided in the nursery? What will the meals consist of (*e.g. lunch will consist of a protein source, a portion of carbohydrate and two vegetable options, and a dessert based on either milk or fruit.*) Where will menus be displayed within the setting? What would be the procedure if a child has special dietary requirements or food allergies? How will your setting cascade special dietary needs of children to the rest of the staff? Include information explaining that the food provided to children with special dietary requirements will still meet nutritional guidelines.

Packed lunches – What constitutes a healthy packed lunch? What food or drink items are discouraged or banned within your setting? What is your procedure if unhealthy packed lunches or banned food items continue to be brought into the setting? Where can the parents/carers find out more information around the provision of a healthy packed lunch box?

Drinks – What drinks will be provided by the nursery? Which drinks will be discouraged from being brought into the setting? What healthy drinking practices will be encouraged (*e.g. drinking from an open top cup from 6 months of age, discouraging bottle use after one year of age*)?

Food and dining environment – What is the procedure for hand washing before meals and snacks? How will independence and social interaction be encouraged in infants and children during snack and mealtimes? How are snack and mealtimes used as a learning opportunity? Include information about the dining environment (*e.g. tables and chairs, cutlery, eating area*). How will the setting staff act as good role models during mealtimes for the children?

Celebrations & cultural events – How is the Growing Healthy Families ethos adhered to during celebrations? What is the settings procedure during children's birthdays (*e.g. giving the child a birthday hat, or singing to the child*)? What is discouraged from being brought into the setting? What alternatives ideas are encouraged (*e.g. stickers, music, favourite book*)? How are cultural events celebrated in line with this ethos?

Infant feeding – How do you support breastfeeding mothers within your setting (*e.g. providing a private space, storing expressed milk safely, supporting the Free to Feed campaign*)? Include information on formula feeding and how appropriate food safety precautions will be put in place. How do you promote responsive infant feeding within your setting? How do you approach weaning in your setting?

Fussy eating – What strategy is in place to manage fussy eating? How long will children be given to finish their meals?

Healthy Lifestyle Education

Staff knowledge – Include a sentence that explains staff will be expected to meet the Growing Healthy Families learning outcomes by attending training sessions focused on nutrition, oral health, and physical activity. Additionally, they will have access to evidence-based resources and will be trained to guide parents and carers to appropriate support regarding nutrition, oral health, physical activity, smoking cessation, and immunisations.

Education for children – Include a sentence which explains that the Growing Healthy Families team supply learning outcomes for children, based around nutrition, oral health and physical activity. How else will your setting support food and health education (*e.g. growing fruits and vegetables, physical activity resources*)? Which healthy lifestyle campaigns are promoted within the setting?

Food based or cooking activities – Include information that states that the majority of food-based activities will have an emphasis on healthy, savoury foods, in line with the Growing Healthy Families ethos. What will the procedure be if sweet foods are made (*e.g. eaten as a pudding within the setting or sent home with parents to consume as a pudding*)?

Supervised tooth brushing – do you do supervise tooth brushing? Provide details of your practice.

Health information and resources for parents/carers – Where can parents/carers find food and health information and resources? Who should parents speak to within the setting if they have any food or health concerns or queries? How will parents be supported by the setting to change unhealthy behaviours (*e.g. dummy use, bottle use, consumption of sugary drinks*)?

Smoking – Include that the setting is a smoke-free (including vapes and e-cigarettes) environment for all staff, parents and visitors. Do you have signage visible to encourage smoking cessation and where parents can access services? How will staff offer support to parents who wish to quit smoking? Outline consequences of not adhering to smoke-free policy.

Immunisations – Include that parents are encouraged to provide vaccine history upon registration. Staff will also be able to provide guidance for parents and support on where to access immunisations. Staff will be able highlight infections and diseases that are known to be vaccine preventable (settings are provided with the

national schedules of vaccines for children from birth to 5 by Growing Healthy Families).

Vaccine information for children from birth to 5 years:

Babies receive the 6-in-1 vaccine, rotavirus, MenB, and pneumococcal vaccines at 8, 12, and 16 weeks in doses. At 1 year, they are given the MMR (1st dose), Hib/MenC (1st dose), pneumococcal (2nd dose), and a third MenB dose. From 2 years old, children can receive the flu vaccine annually. At 3-4 years, the 4-in-1 pre-school booster and a second MMR dose is available.

Detail that the setting will follow public health exclusion guidance on the period of time an individual should avoid attending a setting to prevent transmission during the infectious stage.

Physical activity

Physical Activity Guidelines – Include information on physical activity guidelines for Under 5's. How will the setting support these guidelines (*e.g. providing 45 minutes of physical play every 3 hours?*). How are long periods of sedentary behaviour minimised?

Purposeful Physical Play – How will the setting enable the children to develop physical skills? How will children's physical development be monitored?

Active Travel - Include information around what constitutes active travel. How will active travel be supported by the setting (*e.g. space to keep bikes during the day?*) Is active travel to and from the setting encouraged?

Signed: _____

Review Date: _____