

DPH Award Early Years Newsletter September 2016

Welcome to the 3rd issue! We aim to provide support, resources and links to all areas of children's health and wellbeing whether you are a DPH Award setting or not - but if you are interested in signing up and want to see what is involved then please check out the [DPHA website](#).

Are they getting their 3 hours a day?

According to the Department of Health only 1 in 10 children aged 2-4 are active for 3 hours a day despite guidelines introduced in 2011.

To encourage more awareness of the importance of these recommendations, the UK's chief medical officers have produced this infographic [Physical activity for early years](#).

Every movement counts is the message. How long do the children in your setting spend being active?

Please print and display the infographic and share with practitioners and families the benefits of being active and the range of activity which counts towards the recommendation of at least 3 hours a day for children under 5.

The British Heart Foundation have also published an Early Years [manifesto](#) – *The Best Start in Life*



Tackling poor dental health

Recently released statistics have identified that **one in eight three year olds and one in three five year olds** suffer from tooth decay, while more than 25,000 children aged five to nine have been admitted to hospital due to tooth decay. In fact tooth and gum problems are the most common reasons for children under 5 to undergo general aesthetic. These frightening statistics can be easily combated by something as easy as tooth brushing.

Following the success of initiatives in Scotland and London, settings and schools in B&NES will be invited to take part in a local trial where children brush their teeth during the day and families are provided with the most up to date advice on children's oral health and encouragement to register with a dentist if they haven't already done so.



New guidance on tooth brushing means that children should 'dry' brush so there is no need for them to brush their teeth in a bathroom; settings who successfully manage this do so during circle time activities. **To find out more and see how you can access free brushes, paste, brush storage, support from local oral health team and leaflets for families please get in touch.**

Writing a Food and Drink Policy?

The EY DPHA team has created an example policy as a starting point for creating your own. You can add, amend or remove items to make it specific to your setting.

To ensure that it is useful, understood and complied with, it is important that any policy is created in consultation with the whole setting's community.

The sample policy is on the Early Years DPHA [Resources page](#) along with other useful resources.

Children are more motivated to learn outside

Findings were released in July by the Natural Connections Demonstration Project on a four-year initiative to help school children experience the benefits of the natural environment. Children from 125 schools across the South West are happier, healthier and more motivated to learn thanks to a project commissioned by Natural England which has turned the outdoors into a classroom, helping schools transform ways of teaching: from Maths lessons in local parks to drama on school fields.

Although this initiative is with school age children, the messages are still the same for early years. You may be interested in the short [film](#) that has been produced along with the publication of the report which will be available at the start of the new school year.

For more outdoor learning ideas which can be adapted to suit early years take a look at [Wild Time Ideas](#) - teachers and early years practitioners are adding to this bank of ideas all the time. If you are interested in getting children and their families outdoors more sign up to the Wild Network www.thewildnetwork.com

“Healthy vs Unhealthy” - Labels can be unhelpful

“Children must be helped to make healthy choices in relation to food” says the EYFS Statutory Framework but how do we do that?

Children need to be helped to grow up with a positive attitude to being healthy, food and eating. They need to be motivated to choose a balanced diet as their food choices become more independent. The language of adults; media messages; advertising of products; perceptions of diet and healthy eating all shape their relationship with food and their bodies. Many practices such as labelling food as good or bad for us can be unhelpful and see children feeling guilty for liking and wanting those that are deemed ‘bad’.

A recent [PACEY article](#) looks at how children as young as 3 are unhappy with their bodies.

Check out the DPHA suggestions for [Teaching Children About A Balanced Diet](#). We are aiming for a growing understanding that there are some foods our bodies need to have a lot of regularly and some foods that we should have a little of and less often. We are all aiming for a balance across a day or a week using the new [Eatwell Guide](#).

HENRY in BANES – FREE COURSES

HENRY [Healthy start in Childcare](#) 1 day course – 7th Feb 2017
A course for practitioners working in childcare setting

HENRY [Core Training](#) 2 day course – 3rd & 4th Oct or 13th & 14th Mar 2017

A course for leaders/managers, Children Centre staff; those with a family support role – looking at solution focused support to identify strengths, changes and support for long term behaviour change.
To book email: donna.biddlecombe@bathnes.gov.uk



**Vitamin D:****[For more information check this out](#)**

In the UK it is recommended that:

Children aged between 6* months and 5 years take between 7 and 8.5 micrograms (μg) of vitamin D a day

Adults in one of the groups at risk of vitamin D deficiency take 10 micrograms (μg) of vitamin D a day

*Babies who are fed infant formula should not need a vitamin D supplement until they are having less than 500 ml (about a pint) of infant formula a day as these products are fortified with vitamin D.

Vitamin D is essential for keeping bones, teeth and muscles healthy. A lack of vitamin D (less than 10 micrograms per day) can lead to pain, poor growth and bone deformities such as rickets. Studies have shown a significant number of people in the UK have low levels of vitamin D in their blood.

Some children aged may be entitled to free vitamin drops so **settings can help by signposting parents/carers to the [Healthy Start website](#), or advising them to ask their midwife/health visitor or to call the Healthy Start Helpline on 0345 607 6823.**

Sharing success!

B&NES Sharing and Inspiring – Cooking, Growing and Farm Visits film is featuring on the Chang 4 Life School Zone, a great piece of local work on the national website. Take a look [here](#), you'll find other useful adaptable ideas for early years too.

You could be eligible for funding

Up to £250 is available (£100 for childminders) for eligible settings to use towards physical activity and healthy eating initiatives as part of the '[Healthy Outcomes Certificate Early Years](#)'.

You could use this to develop your play space to encourage active play; buy waterproofs; send practitioners on training; establish a vegetable plot for children to grow their own food; make activity bags to share with families; offer more cookery activities... whatever helps to get children moving more and learning about food.

If you have any queries regarding children's health and well-being or are interested in working towards either the Healthy Eating Years Certificate or the Healthy Outcomes Certificate, please contact:

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