

DPH Award Early Years Newsletter February 2017

Welcome to the 5th 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](#).

Last chance 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'](#). First come, first served for the remaining money.

From April 1st the DPH Award will no longer have funding attached and we'll be moving to charging settings to apply for new/revalidating DPHA certificates.

Raise awareness of choking hazards

Doctors have [issued a stark warning](#) that young children can choke to death on whole grapes, following recent tragedies of fatal choking. **Food is responsible for over half of all fatal choking accidents.**

Why are some foods so dangerous?

The size and shape of grapes & cherry/plum tomatoes in particular means they can completely plug a child's airway. The tight seal produced by the foods smooth surface makes them difficult to dislodge with standard first aid techniques. Young children are particularly vulnerable to choking on grapes/ tomatoes because:

- They don't have a full set of teeth and are still learning to chew properly.
- Their swallow reflex is still developing.
- Their airway is very small

We advise that grapes/tomatoes and all food that is cut into circular/round shapes (sausages/carrots etc.) are cut in half lengthways and ideally in quarters.

Please help make all adults aware of the risks and encourage them to cut food safely.



Outdoors and Active

[Downloadable resources](#) are now available from a recent action research project led by the London Borough of Newham. The project took practitioners from Early Years settings, schools and children's centres on an eight-month long exploration which led to intriguing discoveries about movement in 2- and 3-year-olds and practical, realistic changes to routines, resources and risk taking. **Check out the following links for ideas and resources:**

[What to do](#)

[Overcoming barriers](#)

[Taking risks in play](#)

[Loose parts for physicality](#)

[Landscapes for physicality](#)

[Audit your environment](#)

[Case studies](#)

[Doing your own action research project](#)

[Visiting schools and settings](#)

[Grab and Go Kits](#)



The Seven Ages of Unhealthy Eating film...

... tells the story of boy called Sam and warns of how the diet of today's toddlers could cripple the health of tomorrow's adults. The thought-provoking animation looks at how Sam eats from the age of two to 62 – showing how the eating habits he learns in childhood chip away at his health through his life.

From a daily bag of crisps and a dislike of 'plain' water and the expectation of a sweet pudding after every meal, to the idea that if you exercise enough it doesn't matter what you eat, Sam's story echoes that of many children across the UK.

These are the habits which have become our normal

<http://www.childrensfoodtrust.org.uk/blog/sevenagesnews/>

You may like to share with your staff and families...



Gardening competition for grandparents

Grandparent Gardening Week takes place from 27th - 31st March '17
We hope that your nursery is going to take part.

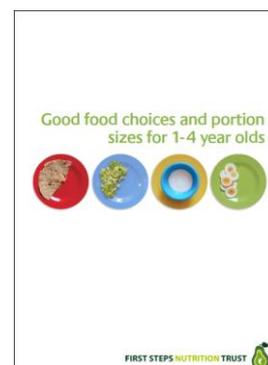
There are [prizes up for grabs](#) including a Veg trug, a polytunnel and a roll-out edible sensory garden! [Find out more here.](#)



Good food choices and portion sizes for 1-4 year olds

[This pictorial guide](#) gives simple information on good food choices and suggested portion sizes for 1-4 year olds.

The photos can be used to talk about different foods, and show families how to make up meals from unprocessed and minimally processed foods.



Possible developments in B&NES for outside learning:

Active Lifestyles and Leisure team is currently exploring alternative uses for Entry Hill Golf Course in Bath. They are looking for views on whether this would be of interest to early years settings. The suggested aims for outdoor education:

- To provide outdoor adventurous and outdoor educational activities and implement the full extent of learning outside the classroom; to provide an environment whereby everyone is supported, challenged and motivated.
- Delivering programmes to pre-schools, primary / junior schools, secondary schools, colleges, companies, private groups, charities, youth organisations, Duke of Edinburgh's Award groups, priority families and holiday makers.
- To make outdoor education and outdoor activities more accessible .
- To work with students and families with social, emotional and behavioral difficulties through a variety of programmes.

Please email martin_pellow@bathnes.gov.uk if your setting would be interested in using such a space...

It's "Out to Lunch" planning again

If you would like to find out about linking with a local primary school to take your preschool children for lunch regularly during transition work then get in touch.

We will help make the necessary arrangements to ensure that your visits are as useful and enjoyable as they can be.

The aims of Out to Lunch over the years have been to strengthen Transitions by: supporting children in feeling more familiar and confident in the dining environment and trying school food; supporting partnerships between early years settings and schools and positively promoting the free school meals choice to eligible families, encouraging them to take them up.

We have some stickers for you to give the children after each visit too!

**Free training coming up**

HENRY [Core Training](#) FREE 2 day course –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

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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