



DPH Award Early Years Newsletter December 2016



Welcome to the 4th 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](#).

Do you want to support families to ensure children are physically active enough?

The BHFNC has developed a new [webpage](#) to help support practitioners working with families to raise awareness of the importance of their children being active from birth.

Resources, designed for families with children under five, have been brought together from other organisations so they are all in one place.

Early years practitioners can use these resources as a starting point for discussions with families around physical activity and provide them with practical tips and ideas to promote physical activity at home. The leaflets included contain information on tummy time, play and active travel.

Help pass on safety messages this Christmas

Please can we ask you to support B&NES council's Trading Services in reminding families and others buying children's Christmas toys to ensure any small 'button' batteries are securely fixed in place.

Button batteries are used to power many children's toys, but are highly dangerous if accidentally swallowed, the electrical charge creates caustic soda inside the body and can burn a hole through the throat and lead to serious internal bleeding. They can also get stuck in children's ears and noses.

We really urge adults to ensure all toys that use button batteries have the battery compartment properly secured to meet the required toy safety standards. There are many cheap imports where this is not the case.

Download a flyer to share with families from [here](#)

Get the New Year off to a healthy start!

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

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



Dental health focus

Did you know that babies should be encouraged to drink from an open cup or a free flow cup without a valve from 6 months old and should stop using a bottle by the time they are 1 years old? For more information check out:

NHS

“If you're bottle feeding, it's a good idea to introduce a cup rather than a bottle from about six months. By the time your baby is one, they should have stopped using bottles with teats. Otherwise, they may find it hard to break the habit of comfort sucking on a bottle.

Comfort sucking on sweetened drinks is the biggest cause of tooth decay in young children. When using a bottle or trainer cup, don't put anything in it other than formula milk, breast milk or water.

Using an open cup or a free-flow cup without a valve will help your baby learn to sip rather than suck, which is better for their teeth.”

Help keep your Christmas parties balanced this year



We wish you all a merry Christmas, thank you for all of your continued work to support children's health and wellbeing in 2016! Lucy & Anne

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:

Lucy Rae
DPH Award Co-ordinator Early Years
lucy_rae@bathnes.gov.uk
M: 07530 263098

Anne Herat
DPH Award Practitioner Early Years
anne_herat@bathnes.gov.uk
M: 07530 263331

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](#)'.