



Jill Oldham - Registered Childminder

As a result of offering further activities and resources in respect of health and self-care, I observed the closing of gaps in the children's knowledge, and application of knowledge, on this subject. Examples are as follows:

1. The children learnt to differentiate more between healthy and unhealthy foods, particularly those having a high sugar content. Swaps for healthier foods, or an increase in the consumption of healthier foods, resulted. The older children also learnt the rationale behind the 'five a day' message so they could explain it to other people.
2. The children learnt how to do some baby yoga moves by themselves, and shared these with their peers and parents. They sometimes instigated games such as 'sleeping lions' independently too. The relaxation techniques proved helpful in calming down the children when overexcited or stressed.
3. The children learnt about the physical and social benefits of gardening, and took home ideas for activities to share with their parents. Also, they regularly asked me if they could do a gardening activity at my setting, something they had not done before.
4. The children learnt the correct procedure for cleaning their teeth as advised by a dentist and dental hygienist. They also learnt that they could end up with problems such as fillings and gingivitis if they did not look after their teeth. Parents reported increased vigilance of their children's teeth brushing as a result of the information I provided.

Here are some of the comments from my minded children about the activities they did and knowledge gained; also comments from two parents:

Paige I need to eat less sweets!

Joe There is so much sugar in tinned tomato soup! We need to make our own at home. I used to have Nutrigrain bars as snacks, but now I don't; I eat wholemeal toast.

Poppy Mummy has bought a special bottle so I can have more fresh fruit and water at school. Some of my friends are buying the same bottle. Are pancakes healthy? I used to think they were, but they have sugar in them when I eat them, so probably not.

Skylar It was fun raking leaves on the lawn. We did it very fast! I liked using egg shells for plants too. I showed them to Mummy and Daddy, and they were surprised we could plant them in the soil.

Henry I now know when brushing my teeth I shouldn't use water. It was fun using that giant toothbrush. The teeth looked like beavers' teeth. The red gums looked disgusting!

Jill Oldham - Registered Childminder



Dylan My favourite thing was making a mud bath in the garden after we did some planting, and jumping up and down in it! I liked doing yoga as well, specially the frog and monkey bits.

Joseph I loved making apple leaf crumble. Can we do gardening again today and next time? I want to use the red rake.

William My want baby yoga book again. Do yoga with Jojo (Joseph).

Parent A The children really enjoyed doing your gardening activities. It was good when they brought home activities we could do together.

Parent B I never realised until now the correct way to use an electric toothbrush. Also, using a two minute egg timer when brushing with an ordinary toothbrush is a great idea!