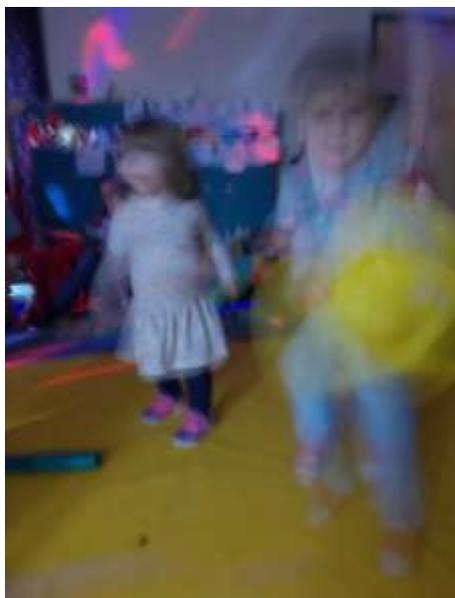


As this is the second time Little Star Babies had completed their Healthy Early Years Certificate, we had already addressed most aspects to become a healthy setting and most of our audit areas were green. However, there were some aspects that we needed to look at to move from amber up to green.

Here is what we did:



Our planned physical play activities mean that we are using our gross motor skills in new ways all the time. Here we are having a disco inside. We wiggled our bodies to dance, stretched our arms to catch balloons and negotiated space to chase the disco lights on the floor. We have lots of other planned physical play both indoors such as using the parachute, obstacle courses, soft play block building and extra-large junk modelling.

Our new climbing frame which we brought with our healthy early years money is also really popular and we love to play on it.



To promote dental health with the children we purchased some toothbrushes for the children to explore. We also got Tony the tiger, who has real teeth that the children are able to clean. Some parents purchased 'My first Toothbrushes' which we displayed on the signing in desk. The children are able to use these independently, holding the



"They are really good as 'child' doesn't like to clean her teeth. She can try this herself"

handle without putting too far down their throats.

Since our last review, when we introduced preparing our snack at the table with the children, we have now developed this even further. The children are able to make their own choice as to which foods they want for snack from each of the food groups.

Staff Member "I am really impressed at the self-care skills that 2 year olds and under are able to manage when given the opportunity"

Lunch is also served at the dinner table and the children are able to make healthy choices during this time. For example, if they would like to accompany their meal with salad or vegetables. The children are given mirrors and a wet wipe at the end of each meal in order to promote their self-care skills. They have really gotten in to this and most of the older children are now able to get themselves completely clean independently.



"I making some soup"

Food play is also a regular occurrence at the nursery, allowing the children to explore so many different foods that they may not encounter just from preparing snack. The children are able to explore food tastes, textures and smells of foods they may not normally

snack.
motor
also
when
scooping
chopping.



choose at
Fine
skills are
promoted
stirring,
and