

Healthy Start in Childcare for PVIs

Date Thu, 27 Apr 2017 09:15 - 16:30

Description This course recognises that childcare settings play a vital role in providing a healthy start for young children and will enable staff to:

- Adopt a consistent approach and model a healthy lifestyle to young children in their care
- Develop their knowledge about healthy meals, snacks and portion sizes for young children
- Understand the value of active play
- Manage behaviour and build self-esteem so that children start school emotionally prepared and ready to learn

Logged-in users can download the attached pre-course information and overview flyer.

Venue Training Room 1, 313 Billet Road, Walthamstow, London E17 5PX

Name Early Years Teaching and Learning Support

BookingInfo

For specific information on the course please contact Hazel Grassie - Healthy Weight Practitioner at hazel.grassie@henry.org.uk or on 07720 090923.

For queries on the booking process only please contact Howard Gladwin - Early Years Training & Quality Coordinator at mailto:howard.gladwin@walthamforest.gov.uk or on 020 8496 5126.

Outline

What will the course cover?

A full-day course for Early Years PVIs covering the following:

- Why we focus on a healthy start for babies and toddlers
- Looking at eating and activity habits
- Exploring a balanced diet, portions and portion sizes
- Understanding behaviour and strategies to manage this behaviour
- Top tips for achieving good oral health

Outcome

- Each practitioner who completes this course will receive a certificate to acknowledge their learning. The course is accredited by the Royal Society for Public Health (RSPH)
- Practitioners will understand what constitutes good nutrition for young children and age-appropriate portion sizes
- Practitioners will understand the importance and benefits of active play
- Practitioners will be better equipped to manage behaviour and build the self-esteem of children in their care
- Practitioners will be able to communicate with and support other staff in Early Years settings around role-modelling a healthy lifestyle, providing healthy foods and drinks, encouraging active play and managing behaviour

Audience Early Years PVI sector practitioners only

Training Id 463161493280900

Source URL: <https://thehub.walthamforest.gov.uk/training-events/healthy-start-childcare-pvis>