

Training and support for EY practitioners

We provide regular free training to Early Years practitioners, childminders and health professionals about nutrition, physical activities, emotional well-being and oral health.

At the bottom of this page are reliable resources which will help early years professionals to plan healthy meals for children in their care. The information reflects the government's dietary recommendations for children under 5 years. It helps to early years settings to meet the Early Years Foundation Stage (EYFS) welfare requirements to provide 'healthy, balanced and nutritious' food and drink for children in their care.

1. Healthy Start in Childcare Training

This is a one day course for Day Care staff and Childminder. This course recognises that childcare settings play a vital role in providing a healthy start for young children.

“Attending the Healthy Start in Childcare training will support you to achieve the healthy eating and oral health elements of the Mayor’s Healthy Early Years London (HEYL) Bronze Award.”

Learning outcomes:

- Understand the risk and protective factors associated with child obesity and the importance of parents as agents for change
- Have the knowledge and confidence to provide a healthy environment for the children in their care in relation to the 5 elements of a health start in life; behaviour management, mealtime and snack routines, nutrition, physical activity and emotional well-being.
- Know how to provide balanced , healthy snacks and meals and age appropriate portion sizes
- To be able to model healthy eating habits, responsive feeding and mealtime behaviours to the children in your care
- Understand why and how to limit screen time and encourage physical activity.
- A certificate of completion

You can find our training flyer attached at the bottom of this page and check our [next training dates](#).

To enquire about our next training please call: 020 8496 5223 or <http://wfsupport@henry.org.uk>

2. Oral health training

This is a free half day training for School Nurse, Reception Teacher, Health Visitor, Nursery or Early Years staff member on oral health promotion.

Learning outcomes:

- To understand why primary teeth are so important and be able to confidently deliver advice and key messages around oral hygiene routines.
- To understand the different factors and causes of tooth decay and how to prevent tooth decay in children.

Run in conjunction with the Healthy Schools London programme: The content of this training could be used to support School applications for Silver and Gold Awards.

To enquire about our next training date please call: 020 8496 5223 or email wfsupport@henry.org.uk .

Training Flyer is attached at the bottom of this page

3. Core Training

This is a two days course for Health Visitors, nurses and community nursery nurses to develop knowledge skills and confidence to tackle weight issues.

Our HENRY Core training is underpinned by the latest research into the complex factors that protect against, or lead to obesity.

Learning outcomes :

- have a clear understanding of the importance of early years for preventing later child obesity
- understand the key risk and protective factors associated with child obesity
- be able to recognise babies and young children at greatest risk of child obesity
- be able to raise the issue of healthy weight and lifestyle with families sensitively and effectively
- be able to build parental motivation and readiness for behaviour change
- be able to provide clear messaging around healthy nutrition and physical activity for babies and young children consistent with national guidance
- have the knowledge and confidence to provide effective support and information in relation to the 5 elements of a healthy start in life: parenting skills, eating and lifestyle habits, nutrition, physical activity and emotional well-being in the family
- be able to use a strength-based and solution-focused partnership approach to explore family lifestyle issues and support behaviour change

HENRY Core Training is accredited by the Royal Society for Public Health (RSPH).

To enquire about our next training date please call: 020 8496 5223 or [http://wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

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