



PROMOTING HEALTH AND WELLBEING POLICY

Current Version 2.0

Safeguarding and Welfare Requirement: Health

The provider must promote the good health, including the oral health, of children attending the setting. They must have a procedure, discussed with parents and/or carers, for responding to children who are ill or infectious, take necessary steps to prevent the spread of infection, and take appropriate action if children are ill

Promoting Health and Well-being

Statement

Our setting recognises that children's health is an integral part of their emotional, mental, social, environmental and spiritual well-being and is supported by attention to these aspects. We promote health, safety and well-being through our practices, policies and procedures. We endeavour to minimize hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. Safeguarding children from harm is a shared responsibility by everyone within the setting.

Procedures

Physical well-being

All children are different and develop in individual ways and at varying rates. Every area of development, physical, cognitive, linguistic, spiritual, social and emotional is equally important.

Staff are aware of the different stages of child development and how the effects of diet, exercise, environment, sleep, emotion can all affect their development.

Our setting provides a safe, secure, stimulating, supportive environment for all children and does not discriminate against any child or their family on the basis of protected characteristics as defined by the Equalities Act 2010.

The importance of hygiene is promoted and children are supported to maintain their own hygiene by such things as washing hands and covering mouths to reduce spreading germs to others.



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Healthy Eating

Children need a balanced diet that contains foods from all the essential food groups to thrive and grow. Our setting regards snack times as an important part of the settings day. Eating represents a social time for children and adults and allows the children to learn about healthy eating.

We promote healthy eating using resources and learning about healthy foods and practices through a wide range of activities. At snack time we aim to provide good quality nutritious food that meets the children's individual dietary needs.

We follow these procedures to promote healthy eating in our setting:-

- We regularly consult parents to check the information is correct and current any amendments are made and signed by the parents.
- We provide nutritious foods for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a wide variety of foods from the main food groups in our snack time.
- Fresh drinking water is available throughout the session for children to pour themselves or by an adult should they require it. We promote the importance of hydration especially in the warmer weather.
- Semi-skimmed milk and water are available at snack time.
- We promote healthy eating and children understanding the importance of a balanced diet through a variety of practical activities and discussions. Stories, posters and resources enable us to reinforce this on a daily basis.
- We support parents by giving advice as required and displaying literature to promote their knowledge and understanding of a healthy diet and its importance.
- All staff receive food hygiene training and refreshers to ensure safe best practice is maintained.



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- We use anti-bacterial gel on our hands and the children's prior to them having their snack to promote hygiene ensuring hands are clean and safe from germs minimising possible risks if running water is not available. Educating the children on the importance of hygiene.
- We plan activities that encourage healthy food choices and the role food plays in maintaining health.
- We promote healthy eating by being positive role models that the children can follow and continue to make healthy choices in the future.

Oral Health

In June 2017, Public Health England published new guidance [Health matters](#): child dental health which sets out clear guidance on how to prevent tooth decay in young people. With children spending an increasing amount of time in childcare, childcare practitioners play an important role in supporting good oral health.

We help reduce tooth decay in children by:

- reducing the consumption of food and drink containing sugars in our setting
- support children to be aware of what good oral health means - and helping them and their parents to understand the importance of cleaning their teeth with fluoride toothpaste and eating healthily
- working with parents to emphasise good oral health, and the importance of visiting the dentist on a regular basis.

Exercise

Our setting is aware of the importance of exercise and the benefits it has to children as a whole. We recognise not only the benefits it has on their health but also promotes stamina, endurance and allows an opportunity to socialise with their peers.



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- We provide a range of opportunities to take part in physical exercise within session time.
- We encourage the children to move in a variety of ways to develop co-ordination, balance and gross motor skills.
- We encourage and support children until they feel confident to try activities without adult support.
- We discuss and promote the importance of exercise and the impact and effects it has on their bodies and the importance of rest.
- We encourage parents and children to take part in sponsored activities such as "the Mini Mile".
- Staff promote exercise by participating and taking the lead for children to follow.
- We access the outside play area daily and promote the importance of physical activity and the stimulation exploring the outdoor environment can provide.

Supporting parents and families

- Staff support parents and families by offering advice on areas of concern.
- Provide emotional support to those that are emotionally vulnerable and experiencing difficulties such as separation, financial concerns and housing problems.
- Liaise with health visitors and local services in order to provide information and support required.
- Inform parents where they can access medical treatment, dentist and health centres if they have just moved into the area.
- Provide information both verbally and in different sized texts as required and go through it to ensure understanding.



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- Providing information on healthy practices such as immunisation and advice on health matters such as chicken pox and head lice.
- Ensure parents are aware of the settings policies and procedures including those relating to safeguarding, equal opportunities/inclusion and health and hygiene. Policies are always available for parents to access.
- We take children still in nappies and support the child and parents with toilet training when the child progresses to this stage.

Emotional Well-being

- Staff are made aware during induction to the setting of all the settings policies and procedures and ensure they are followed.
- Children's individual needs and requirements are met and their feelings accepted and respected. Friendships and team building are encouraged and promoted through daily activities.
- Our policy on Behaviour Management ensures that children can feel safe and secure as negative attitudes and bullying are dealt with promptly and effectively.
- Children gain a sense of well-being when they are encouraged to take responsibility and join in with activities that interest them.
- The child has a key person allocated to them on induction to provide support and guidance throughout their time at the setting. The staff team help to guide them through transition providing emotional support for the parent and child.
- Staff receive training and guidance to ensure they are confident promoting and supporting well-being.
- We provide a supportive network to respond to sensitive issues involving staff, children and adults.



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- We ensure staff receive support in professional development, supported through the settings policies and procedures such as health and safety and grievance procedures as well as our educare training.

Staff Mental Health

We recognise that anyone can experience mental health issues for various reasons which may be out of their control. There may also be work related factors that could contribute to poor mental health such as work life imbalance, work load pressure, poor working conditions. To every extent possible, we aim to recognise and address cases of work place pressures that contribute to mental health issues.

We aim to:

- Treat staff mental illness seriously.
- Proactively support resolution of issues causing concern.
- Support staff members who face mental health problems.
- Create pleasant workplaces.
- Encourage communication.