Workshops

Workshops are advertised in the South Gloucestershire Early Years Training Booklet under short courses.

Summer workshops:
- Eating Well for Children aged 2-5 (24/04/12)
- The Wonderful World of Growing Fruit and Vegetables (30/04/12)
- Staying Safe in the Sun (14/05/12)
- Cooking for Celebrations and Festivals (25/06/12 or 26/06/12)
- Making Packed Lunches Nutritious and Fun (03/07/12)

NEW! Handwashing machine resource

The folder that accompanies the handwashing machine has been completely revised and now includes:
- Full instructions for use
- Information on hand hygiene
- Practitioner suggestions
- Songs
- Certificate
- Visual images
- Books
- Sample leaflets and posters
- Useful contacts
- Feedback form

To book contact Bradley Stoke, Kingswood, Patchway or Yate library on 01454 868006.

Focus on dental health

How does dental decay develop?
Dental decay is caused by the action of acid produced by oral bacteria on the tooth surface. The bacteria in dental plaque produce the acid by fermentation of sugars in the mouth.

Dental caries in South Gloucestershire
About 40% of 5-6 year old children in South Gloucestershire have some evidence of dental decay (BASCD 2005).

What can practitioners do?
Dental decay is preventable. Practitioners can promote good dental health in their setting and in partnership with parents:

Food and drink provision
- Limit any sugary foods and drinks to mealtimes
- Provide water and milk to drink between meals
- Discourage the use of bottles containing sweetened drinks
- If confectionery is offered then eating it at the end of a meal and not as a snack.

Brushing teeth
- Start either at the introduction of solid foods at around six months or when the first tooth appears
- Two times a day, including bedtime with a fluoride toothpaste, using a smear for under 3’s and pea size amount for over 3’s
- Supervised by an adult until a child is at least 7 years old

Registering with a dentist
- Encouraging parents to register their child with a dentist and have regular check ups. Many children are not registered.
- To find a dentist contact NHS South Gloucestershire.

You can borrow the dental health box from local libraries in South Gloucestershire. The box includes lots of resources and suggestions for exploring teeth care with young children in a fun way. It is available throughout the year from: Bradley Stoke, Kingswood, Patchway, Thornbury and Yate Libraries. Phone 01454 868006 to book.

Hannah Burton (RD)
Further information:
South Gloucestershire Maternal and Child Nutrition Guidelines
www.sglos-pct.nhs.uk

Physical activity

The British Heart Foundation has produced two leaflets for parents on physical activity for children under the age of five - one for babies who cannot yet walk and one for young children who can.

There is information on why being active is important, what types of physical activity are best, ideas for active play, healthy eating for young children. The leaflets can be downloaded from http://www.bhfactive.org.uk/search/index.html
Why have the guidelines been produced?
The Early Years Foundation Stage (EYFS) Framework includes a welfare requirement for the provision of 'healthy, balanced and nutritious' food and drink. Early years practitioners and parents have asked for clearer guidance on what children under five years should eat and drink while attending settings, to help achieve this requirement.
Settings don’t have to follow the guidelines but they represent best practice for food and drink provision, are an easy way of meeting the EYFS welfare requirement and show parents commitment to providing healthy food choices for children.

Who are the guidelines for?
The guidelines have been developed for all early years settings providing meals, snacks or drinks to children aged one to five years, regardless of the length of time spent in the setting. These include children’s centres, childminders, nurseries and pre-schools.

How were the guidelines developed?
The guidelines are based on the draft guidance recommended by the Advisory Panel on Food and Nutrition in Early Years in 2010. The guidelines were reviewed by the Department for Education, Department of Health, national early years organisations, and health professionals to ensure that they reflected current food and nutrition advice and best practice.

Are the guidelines achievable and practical?
The guidelines set out how often, how much, and which type of food and drink should be provided to children aged one up to five years, across the day. They are based on four food groups (starchy foods, fruit and vegetables, meat, fish and other non-dairy sources of protein and milk and dairy foods). For each group, there are guidelines for planning menus, points for best practice and food safety advice.
Practical tools have also been developed to help settings use the guidelines. These include a code of practice for food and drink, checklists to evaluate approach and example menus and recipes.

Should the guidelines be applied to packed lunches?
In some settings families provide some meals, for example a packed lunch and snacks for their children. Settings can refer to the practical guidance on food brought in from home, to help families provide appropriate food and drinks.

What next..??
You can download the guidelines from www.schoolfoodtrust.org.uk
We will provide assistance and training to settings once support materials are available.
For more information please contact Liz Oxford liz.oxford@southglos.gov.uk
Mid-morning and mid-afternoon snacks at a glance

The guidelines give example menus that are balanced across each day. The extracts below are about provision of a mid-morning and/or mid-afternoon snack. These snacks should generally provide about 10% of a child’s daily energy and nutritional requirements.

Menu planning advice for mid-morning and mid-afternoon snacks

- Plan menus for snacks to ensure they are varied across the week and that the food provision across the day is balanced.
- Avoid food such as cakes, biscuits and confectionary between meals.

Food Groups

### Starchy foods

- Provide a starchy food as part of at least one snack a day.
- Provide at least 3 different varieties of starchy food across snacks each week.
- Choose bread and bread products with a low salt content where possible

### Fruit and vegetables

- Provide fruit or vegetables as part of some snacks
- Provide a variety of fruit and vegetables across the day, and each week.
- Dried fruit should not be provided as part of snacks.

### Meat, fish, eggs, beans and non-dairy sources of protein

- Foods from this group provide a useful source of iron and zinc and can be provided as part of snacks once or twice each week.

### Milk and dairy foods

- Children should have 3 portions of milk and dairy foods each day (including those provided at home): a portion of milk or dairy food can be provided at snack time
- Settings usually provide milk to drink at the mid-morning snack

### Drinks

- Children must have access to fresh drinking water.
- Water and milk are the only drinks that should be provided between meals and as part of snacks.

Examples of mid-morning and mid-afternoon snacks meeting the food and drink guidelines for children aged one to five years

#### Spring/summer

**am:** Rice cakes, banana, water  
**pm:** Strawberries, plain yoghurt, water

**am:** Toasted muffin with spread, melon, water  
**pm:** Breadsticks, mozzarella balls, cherry tomatoes, milk

**am:** Toasted bagel and spread, strawberries, milk  
**pm:** White bread and spread, grapes, water

**am:** Wholemeal toast and spread, apple and grapes, water  
**pm:** Pitta bread with tzatziki, carrot sticks, water

**am:** Sugar snap peas, houmous, water  
**pm:** Sliced peach, fromage frais, rice cakes, water

#### Autumn/winter

**am:** Muffin and spread, clementine, water  
**pm:** Breadsticks, hard boiled egg, cherry tomatoes, milk

**am:** Wholemeal pitta bread, tuna dip, vegetable sticks, milk  
**pm:** Oatcake, satsuma, water

**am:** Plain pancake, yoghurt, pear, water  
**pm:** Apple, crackers and spread, milk

**am:** Rice cakes, cottage cheese, apple and beetroot, water  
**pm:** Banana with plain yoghurt, water

**am:** Wholemeal toast and spread, carrot sticks, milk  
**pm:** Celery and cucumber sticks, toasted bagel, and spread, water

Reflection point

How will you make practitioners aware of these guidelines?

How will you use them to review your food and drink provision?
Support Plain Packs: Protect our Children

Every year, another 340,000 children in the UK are tempted to try smoking, and around 150,000 11-15 year olds are regular smokers. Research has shown children are more likely to be attracted by highly designed tobacco packs than by plain packs. Supermarket shelves are crammed full of enticing and sophisticated designs, from brightly coloured packs that look like crayon boxes, to ‘slims’, suggesting an image of a more elegant lifestyle.

The Australian government is introducing plain packaging for cigarettes later this year. The UK government is considering the same action but this will only happen if they believe they have public support. South Gloucestershire Council is supporting the campaign for plain packaging for cigarettes. Please help support it too. To find out how you can help protect our children, go to www.plainpacksprotect.co.uk

Road Safety Resource Boxes

Children are never too young to learn and when it concerns an important, potentially life saving message, the sooner the better. South Gloucestershire Council’s Road Safety Team has put together a box filled with road safety resources. It introduces children to key road safety messages through play and activities, with suggested plans.

It contains a zebra crossing mat, belisha beacons, a school crossing patrol outfit for role play and a variety of puzzles, games and activities. Let the children ride their bikes on a road layout and stop for pedestrians on the zebra crossing or for the lollipop lady or man. Listen to the story ‘Letters in the Snow’ or drive a car around letter or number shapes. Great fun for the children but also teaching a valuable life skill!

A box is held at a library near you: Staple Hill, Yate, Filton, Kingswood and Patchway. Phone 01454 868006 to book for one or two weeks.

As you may be aware, Vitamin D has recently been in the news, in relation to deficiency and prevention of rickets in the UK. The National Diet and Nutrition Survey highlighted that about a quarter of people in the UK have low levels of Vitamin D in their blood, putting them at risk of deficiency. This is a concern particularly for at risk groups such as pregnant women, infants and young children.

The Healthy Start Scheme is a government initiative which provides eligible women with free vitamins (C, D, E) in pregnancy and post-natally. It also provides vitamin drops to infants from 6 months old (or 1 month if clinically indicated). Do you know of someone who may be eligible for vitamins but is not receiving them? Or a family with young children who could benefit from vitamin drops? Contact Lisa Bryant, Specialist Health Improvement Practitioner Tel. 01454 864695 for more information about claiming Healthy Start and distribution points or visit www.healthystart.co.uk.

National Smile Month 2010-2011

The National Child Measurement Programme (NCMP) results for the school year 2010-2011 were published in December 2011.

Key findings nationally

• In reception, over a fifth (22.6%) of the children measured were either overweight or obese. In year 6, this rate was one in three (33.4%).
• The percentage of obese children in year 6 (19.0%) was double that in reception (9.4%)
• As in previous years, a link existed between deprivation and obesity prevalence in each age group.

Key findings for South Gloucestershire

• In reception, 20% of the children measured were either overweight or obese. In year 6, this rate was almost one in three (31.5%).
• The percentage of obese children in year 6 was 16.1%, and in reception 7.7%.
• Participation in 2010-2011 was 87.6% in reception year and 87% in year 6.

For more details visit: www.ic.nhs.uk/ncmp

If you need this information in another format or language, please contact 01454 868008