




## Healthy Eating

Eating well is essential for children in their early years. Children from 1-4 years old need to eat well to establish good eating patterns, ensure they grow and develop appropriately; to protect their teeth and to ensure they arrive in school at a healthy body weight able to enjoy a variety of minimally processed foods. There are lots of resources available to help parents to understand the importance of healthy eating, its effects on their child development and ways to provide healthy meals.

## First Steps Nutrition Trust

Provides advice and ideas for parents and early year settings to help encourage children to have a well-balanced diet and the importance of this. It also provides information on the importance of eating healthy during pregnancy and healthy packed lunch ideas for vegan infants under 5s too. For more information, please follow the link below:

<https://www.firststepsnutrition.org/eating-well-early-years>



- Eat Whole Grains
- Go Lean
- Vary Your Veggies
- Focus on Fruits
- Get Calcium
- Go Light (Oil)

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Grains	Protein	Vegetables	Fruits	Dairy
<b>Incredible Edibles™</b>				
Whole Grains	Go Lean	Vary Your Veggies	Focus on Fruit	Get Calcium
bagel bread cereal crackers granola muffin oatmeal popcorn tortilla	beans chicken egg fish lean meat peanut butter nuts seeds turkey	broccoli carrot celery green bean lettuce peas pumpkin sweet potato veggie juice	apple banana berries cherries grapes kiwi orange peach pineapple	cheese milk milk-based desserts yogurt  *Choose lower-fat items

## Physical Activity

Physical Development is the growth and development of both brain and body and involves developing control of muscles and physical coordination.

Poor physical development in young children has been shown to impact readiness for school, behaviour, social development and academic achievement. The EYFS states that 'physical development is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Both gross motor and fine motor experiences develop incrementally throughout early childhood.' There are many ways in which you can help support your child's physical development and encourage them to get active whilst at home, please see the NHS website below for more information.

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>



## Dental Hygiene

Children need to form good oral health habits from an early age to help avoid tooth decay. Tooth decay happens when sugars from food and drinks interact with bacteria in tooth plaque. This results in acid production, causing holes in teeth known as cavities. The dental health website below has lots of useful tips on how to educate children on the importance of cleaning their teeth and has some tips and advice for parents on how to support this.

<https://www.dentalhealthcareeoe.nhs.uk/about-us/>

### Spark their interest...

Pretend to brush teddy's or doll's teeth

Make up a story e.g. the toothbrush (the good guy) beating the invading germs (the bad guys)

Face opposite each other and brush at the same time, mirroring how you brush

Brush each other's teeth

ROAR like a dinosaur or a tiger (an open mouth will help you to access their teeth)

Try different products, like a milder toothpaste, a fun toothbrush, a 2 minute timer or brushing in front of a mirror

Have a few different colour brushes they can choose from to suit their mood!

Distraction – watching TV or a tablet while you brush their teeth? They can spit out into a tissue or some kitchen roll

Try apps, youtube videos or songs to make brushing fun and engaging

### Be positive...

Brush your teeth at the same time together...

*"I like it when we brush our teeth together!"*

Give an immediate reward: a bedtime story, watch something on TV or play outside

An independent child? Let them brush first, then you follow up

Take a deep breath and be patient if they are not co-operating

Choose your timings well i.e. avoid overtiredness and stressful times of the day

Try to leave at least 30 minutes after eating or drinking

Develop a routine each time

Give praise for any compliance or achievement...*"Well done! Great brushing! Your teeth are **so** clean!!"*

Build on each achievement by reminding them of how well they did before

