

A guide and workbook



Name of setting:

Contact name:

Address:

Phone no:

Email:

Children in Cumbria will have the **best possible start in life** through a joined up approach between **families and everyone who works with young children**. The aim is to lead to an **improvement in children's health and development** which will show in Cumbria's NCMP¹ and EYFS² data for 5 year olds.



¹ National Child Measurement Programme

² Early Years Foundation Stage

Introduction

In recent years, Cumbria data has demonstrated an increase in children who are overweight or obese and has been the worst local authority compared to our statistical neighbours.



The number of decayed, missing or filled teeth in five year olds in Cumbria is worse than the national average.



Cumbria's Public Health Annual Report 2017 states that 9 children in 100 have a diagnosable mental health disorder and schools report that many children entering reception class are not emotionally prepared.



Nationally only 9% of boys and 10% of girls aged between 2-4 years achieve the recommended physical activity guidelines for children aged under 5. It is further outlined that 85% of boys and 83% of girls are classified as having low activity levels i.e. less than 60 minutes per day.



Local Priorities for Early Years

Cumbria County Council's vision includes the statement that **'people in Cumbria are healthy and safe'**

Cumbria Children's Trust Board and Cumbria Health and Well-being Strategy have identified the following priorities for children and young people:

- Emotional health: equip schools and other settings with the tools they need to build resilience in children and young people
- Healthy weight: To reduce the rate of excess weight in 4-5 year olds from a baseline of 26% in 2017/18

The Healthy Families Pledge for Early Years will concentrate on the following areas:

- Healthy nutrition
- Physical Activity
- Emotional Health and Wellbeing



By taking part in the pledge you will be agreeing to promote these three areas with children and their families.

How to meet the criteria and achieve the Early Years Healthy Families Cumbria Pledge

The second part of this document is a Workbook to help you work towards the Healthy Families Pledge.

The first page of the Workbook gives you the opportunity to think about what you are already doing in your setting and what else you could do.

Following this, there is a Healthy Families Cumbria Pledge overview for you to complete as you go along. This will help you keep track of your progress and achievements.



Expectations

What you need to do to be able to sign up to the pledge



Healthy nutrition

- Embed the Eat Healthy, Start Better or the Public Health England 'Example menus for early years settings in England, guidance and recipes guidelines' for all meals and snacks provided.
- Support parents to provide healthy packed lunches.
- Support parents with healthy eating at home.
- Have a healthy eating ethos.
- Ensure policies and procedures promote healthy eating.
- Ensure practitioners are positive role models.
- Provide advice and guidance for families on the importance of oral health.



Physical activity

- Help children meet the Chief Medical Officer guidelines of 180 minutes of activity a day.
- Demonstrate how you support children's physical literacy within your setting. See the link to the Physical Literacy Framework for ideas and suggestions.
- Support parents and carers to encourage their children to have an active lifestyle.
- Ensure children have opportunities to take part in structured and unstructured physical activity and active play every day.



Emotional health and wellbeing

- Strong Key person roles that foster strong, warm and supportive relationships. The importance of good attachments are recognised.
- Setting has a strong emphasis on supporting children's Characteristics of Learning.
- Supporting children's resilience and independence.
- Embed recognised approach, for example Leuven Scales, Empathy Dolls or Sustained Shared Thinking and Emotional Wellbeing (SSTEW) scales.



Demonstrate continuous professional development to support the Pledge in the following areas

- Healthy eating, nutrition and oral health.
- Emotional health and well being.
- Physical development and physical literacy.



Team meetings

- Add the Healthy Families Cumbria Pledge to your team meeting agenda.



Staff appraisals/supervision

- Consider whole setting approach to health and well being.



Workplace

- Lead by example, ensure all team members support the campaign and put it into practice when in the setting, e.g. healthy lunches and snacks.
- Have a setting or class challenge e.g. 1000 hours outside and ask practitioners to take part as well as children and their families.
- Have a healthy families champion or PANCo¹ in the setting.
- Have a trained walk leader within the setting.
- Reinforce the Pledge in progress checks and parent/carer meetings including settling in and induction.
- Take part in the Moving to Write programme.
- Visual packed lunch swaps display demonstrating how to swap to healthy packed lunch choices and include the cost. (Similar idea to the sugar swap displays).
- Supporting team wellbeing.



Campaigns

Support and promote relevant local and national campaigns including.

- Start4Life
- Change4Life
- Sugar Smart
- Smile4Life
- Every Mind Matters
- Safer sleep campaign (Lullaby Trust)
- ROSPA campaigns (Household cleaning products, blind cord safety, button batteries etc.)

You can sign up to receive campaign updates from Public Health England [here](#) and can download and order campaign items, like posters and conversation starters [here](#).



Evidence to support the Healthy Families Pledge

There is space within the workbook to write down and reflect on what you already do and where there are any gaps. Please try and include something in every box.

Workbook



What are you doing already?

Healthy eating and nutrition			
Outcome	What we are doing	What we need to do	How we will do this
Eat Better Start better or the Public Health England 'Example menus for early years settings in England, guidance and recipes' guidelines are embedded.			
Support parents to provide healthy food at home and healthy pack lunches.			
Healthy eating and Nutrition policy in place and followed.			
Practitioners are positive role models.			
Other good practice.			
Support for families on the importance of good oral health.			



Physical activity			
Outcome	What we are doing and the impact	What we need to do	How we will do this
All children have at least 180 minutes of activity across the whole day. In addition children 3 to 4 take part in 60 minutes of moderate to vigorous intensity physical activity.			
Children's physical literacy is developed and strengthened.			
Practitioners are positive role models and regularly get down to the child's level to engage in physical activity and active play.			
Physical activity and active play is a priority within the setting.			
Other good practice (e.g. Walk leader linked to setting take part in Active Travel, have a setting challenge).			



Emotional health and wellbeing

Outcome	What we are doing and the impact	What we need to do	How we will do this
Enhanced assessment of children’s emotional well being.			
Effective key person system in place and this fosters strong, warm and supportive relationships. The importance of good attachments are recognised.			
Children are encouraged to recognise and express their feelings and develop empathy in an age appropriate way.			
Children are supported to be resilient, confident and independent.			
Practitioners wellbeing is valued and supported.			
Other good practice (e.g. using the Empathy doll approach, having a calm corner, practicing mindfulness, yoga).			

Supporting Campaigns

	What we are doing and the impact	What we need to do	How we will do this
<p>Start4Life</p> 			
<p>Change4Life</p> 			
<p>Sugar Smart</p> 			
<p>Smile4Life</p> 			
<p>100 mile challenge</p> 			
<p>Every Mind Matters</p> 			
<p>Safer sleep</p> 			
<p>ROSPA</p> 			

Healthy Families Cumbria Pledge workbook updates

Healthy eating and nutrition

Physical activity

Emotional health and Wellbeing

Recognition

To recognise your commitment to the Healthy Families Cumbria Pledge and when you complete the above, we will:

- Send you a certificate acknowledging your commitment.
- List your setting as a 'Healthy Families Cumbria Pledge' early years setting.
- Send you a decal to proudly display... and digital logos to use on your stationery.
- Invite you to be involved in Healthy Families Cumbria Network to showcase good practice.
- We would like you to keep us updated regarding your pledge every 2 years. There is a section in the workbook for you tell us about any new and exciting developments. Please use this section to to tell us about any updates and we will be in touch to hear how you are continuing to support the pledge.



Glossary, websites and further reading links

“Eat Better, Start Better” Voluntary food and drink guidelines for Early Years settings in England, actionforchildren.org

www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf

Example menus for early years settings in England, guidance and recipes

www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england

Chief Medical Officers’ guidelines

www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report

Early Years Physical Literacy Framework

cumbria.gov.uk/elibrary/content/internet/537/6379/43749112626.pdf

Leuven scales – these are scales that can be used to measure the wellbeing and involvement of young children, developed by Dr Ferre Laevers. Here is a blog that explains how to apply the scales by Matt Americh of family.co

www.family.co/blog/leuven-scales

“Assessing Quality in Early Childhood Education and Care: Sustained Shared Thinking and Emotional Well-being (SSTEWS) Scale for 2–5-year-olds provision” by Iram Siraj (Author), Denise Kingston (Author), Edward Melhuish (Author), Trentham books (2015)

“Using the Empathy Dolls Approach”, Kirstine Beeley, Featherstone Education Ltd (2009)

Start4Life – NHS help and advice during pregnancy, birth and parenthood

www.nhs.uk/start4life

Change4Life – NHS guidance on easy ways to eat well and move more

www.nhs.uk/change4life

Sugar Smart – is a campaign run by Sustain. We help local authorities, organisations, workplaces and individuals to reduce the amount of sugar we all consume

www.sugarsmartuk.org/

Smile4Life - Early Years Foundation Stage Programme: An award scheme to reduce tooth decay and lay solid foundations for good oral health throughout life

cumbria.gov.uk/elibrary/content/internet/537/6379/43797121037.pdf

50 mile challenge - The 50 Mile Challenge Programme has been developed by Active Cumbria in Partnership with New Balance as a programme for early years settings. It is a cost effective way to help early years settings support all children to meet the levels of physical activity recommended by government.

www.activecumbria.org/peschoolsport/50milechallenge/

Every Mind Matters – expert advice and practical tips to help you look after your mental health and wellbeing.

www.nhs.uk/every-mind-matters/

RoSPA – Royal Society for the Prevention of Accidents

www.rospace.com/

Safer Sleep - The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families

www.lullabytrust.org.uk/

Translation Services

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone **0300 3032992**.

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