



Happy healthy children

We know healthy children become healthy adults and Leicestershire Healthy Tots Programme aims to help children achieve their full potential, but we can only do it with your help. Please encourage your child to talk to you about all aspects of their Healthy Tots setting and support their nursery, preschool or childminder with this programme.

We all want our children to be happy, healthy and to enjoy their childhood – let's work together to create happy memories and a bright future for them.

Find out more

Leicestershire Healthy Tots Programme

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Leicestershire
healthy tots
programme



Leicestershire Healthy Tots Programme

Information for Parents



Your child's early years setting is now involved in the Leicestershire Healthy Tots Programme, a local health promotion initiative to encourage healthy environments and healthy lifestyles in early years settings.

Leicestershire Healthy Tots Programme is based on similar tried and tested healthy early years programmes, established in a number of localities including London, Nottingham City, Bath and Cambridge. It is designed using the National Healthy Schools framework and is adapted to support the delivery of the Early Years Foundation Stage.



www.leicestershirehealthytots.org.uk



What is a Healthy Tots Setting?

A Healthy Tots setting considers the wellbeing and development of both children and staff

by providing an environment that cares about everyone's emotional, physical and social health, whilst recognising the importance of the families and the local community in achieving this.

The programme covers three core themes:

- **Healthy eating**
- **Emotional health and wellbeing**
- **Physical activity**

Benefits for children

Research tells us that good health habits developed in early years are likely to continue into adulthood.

Therefore the Leicestershire Health Tots Programme will help young children to:

- Make healthier choices
- Adopt healthier behaviours
- Develop positive attitudes
- Develop knowledge and understanding of healthy lifestyles
- Express themselves and know that their views will be acted upon.

The purpose of this leaflet is to outline the programme to you, and to urge you to play a part in making sure that these first years really are the best of your child's life.

Parent Surveys

To Support your setting through this process it would be really helpful if you could complete the short survey. This can be found here <https://goo.gl/u5LDSxx> . This will give you the opportunity to share your experiences and to offer any suggestions.

Healthy eating

This will ensure appropriate nutritious food and drink is provided throughout the day in your child's early years setting, whilst making sure that snack/meal times become positive social experiences. Settings will encourage staff to sit and eat with children during mealtimes but also support parents/carers to continue to follow this at home.

Emotional health and wellbeing

Our Healthy Tots settings will aim to help all children to understand and express their feelings whilst building their self confidence and emotional strength. Staff and children will report feeling safe and secure in their settings, whilst parents/carers will feel consulted and included in all aspects of their child's early years experience.

Physical activity

Children will be provided with a range of opportunities to be physically active and will be encouraged to see physical activity as a part of their everyday life as well as understanding how it can help them be healthier.

Settings will ensure all children are able to take part in activities and all achievements will be celebrated. Settings will be encouraged to make the most of local facilities and also

to encourage parents/carers to promote physical activity at home.

