



Feeding young children:  
practical advice from experts

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

## Implementing the Ten Steps for Healthy Toddlers in practice Checklist for LEYF settings

### INTRODUCTION

LEYF is pleased to be working with the Infant & Toddler Forum to encourage uptake of the *Ten Steps for Healthy Toddlers* in each of its settings.

We hope to help settings improve nutrition and mealtime experiences for their children, and to understand how the *'Ten Steps'* can be used to meet the requirements of the Early Years Foundation Stage (EYFS). Specifically, information gained from the roll out will be used to assess how the *'Ten Steps'* can influence behaviour around feeding and attitudes to healthy eating.

This document provides a checklist for settings to work through to ensure all the elements of the roll out are delivered.

If you have any questions as part of this initiative please don't hesitate to contact your Regional Director and/or the Infant & Toddler Forum on 020 8971 0022.

### RESOURCES AVAILABLE TO SUPPORT SETTINGS [www.infantandtoddlerforum.org/LEYF](http://www.infantandtoddlerforum.org/LEYF)

STAFF/SETTING	PARENTS AND DISPLAY BOARD
<i>A3 Ten Steps for Healthy Toddlers poster</i> displayed, highlighting new guidance within policies and procedures (staff room)	<i>Letter</i> introducing parents to the <i>'Ten Steps'</i> and what the setting is doing. This can also be published in setting newsletters
<i>PowerPoint presentation</i> for training and education of colleagues	<i>A4 'Ten Steps' leaflet</i> distributed via setting newsletters or by placing copies in children's bags/drawers
<i>Ten Steps journal</i> to record roll out	<i>A3 'Ten Steps' poster</i> (notice board)

## PRACTITIONER'S CHECKLIST

ACTIVITY	COMPLETED (TICK)
<p><b>1. Have you discussed the Ten Steps for Healthy Toddlers as a team and identified key opportunities to embed them in your day to day practice?</b></p> <p>Consider current practice in relation to policies and procedures and agree current challenges/identify good practice/identify where improvements are needed.</p> <p><b>Note – Complete baseline questionnaire which is available via the <a href="http://www.infantandtoddlerforum.org/LEYF">www.infantandtoddlerforum.org/LEYF</a> webpage as part of this process and submit to the Infant &amp; Toddler Forum via the ‘Contact us’ link on the website with LEYF baseline survey as the subject.</b></p>	
<p><b>2. Have you incorporated the Ten Steps for Healthy Toddlers as part of engaging with the EYFS framework?</b></p> <p>Use the discussion above to help you agree those areas of the EYFS you are able to demonstrate.</p>	
<p><b>3. Have you identified and agreed key activities to incorporate the Ten Steps in your day to day practice?</b></p> <p>Consider the following:</p> <p><b>Ensure staff are adequately supported</b> Further information can be found at <a href="http://www.infantandtoddlerforum.org">www.infantandtoddlerforum.org</a></p> <p><b>Note about Step 6 of the Ten Steps - Copies of NHS Healthy Start vitamin information should be ordered for free from <a href="http://www.orderline.dh.gov.uk">www.orderline.dh.gov.uk</a> to facilitate understanding and help staff answer queries from parents about how to access these vitamins.</b></p> <p><b>Communicating with and involving parents</b> For example have you sent a letter, distributed the leaflet and/or announced the ‘Ten Steps’ in your newsletter?</p> <p><b>Children – learning through play</b> A list of suggested activities is included below. Use this list to choose activities that help demonstrate the implementation of each Step and record progress in the basic ‘Ten Steps Journal’ (also available at <a href="http://www.infantandtoddlerforum.org/LEYF">www.infantandtoddlerforum.org/LEYF</a>).</p>	
<p><b>4. Have you checked your staff and public display boards?</b></p> <p>The Ten Steps for Healthy Toddlers should have a presence using the A3 posters.</p>	

ACTIVITY	COMPLETED
<p><b>5. Have you organised a follow-up visit by your Regional Director after <u>three months</u>, or attended a Managers meeting where this is an agenda item?</b></p> <p>At this point there will be an opportunity for the setting to reflect on what is going well, what could be better and how improvements could be made to maximise the positive impact of the roll out e.g. Ten Steps-based activities that have taken place and success using the 'Ten Steps Journal'. General feedback to the Infant &amp; Toddler Forum via Regional Directors.</p>	
<p><b>6. Have you organised a follow-up visit by your Regional Director after <u>six months</u>, or attended a Managers meeting where this is an agenda item?</b></p> <p>At this stage the staff should reflect on how the 'Ten Steps' have improved the service they provide to children and parents. Developing a plan of how the setting will continue to use the 'Ten Steps' and keep up the momentum of the roll out (to be fed back to the Infant &amp; Toddler Forum by Regional Directors).</p> <p><b>Note – Complete six month questionnaire available through your Area Directors and submit to the Infant &amp; Toddler Forum. It is also available via <a href="http://www.infantandtoddlerforum.org/LEYF">www.infantandtoddlerforum.org/LEYF</a></b></p> <p><b>Are you able to provide the Infant &amp; Toddler Forum with a case study demonstrating how the Ten Steps for Healthy Toddlers have had a positive impact on an individual child and/or your setting? (if appropriate)</b></p>	
<p><b>7. Have you referred to the Ten Steps for Healthy Toddlers in your SEF?</b></p> <p>If so, please forward a short summary of how this has been achieved to your Regional Director and/or the Infant &amp; Toddler Forum.</p>	

## KEY ACTIVITIES TO GUIDE SETTINGS

Below is a suggested list of ideas for activities to use with children to support early years settings in the adoption of the Ten Steps for Healthy Toddlers.

- Circle Time - Discuss with children the importance of healthy eating
  - Taster sessions
  - Growing their own vegetables
  - Make a fruit salad for tea with parents
  - Make models of favourite foods, fruits and vegetables
  - Create a display board around the children's favourite nutritious foods/meals
- Draw their favourite treats (not food). E.g. playing in the park, reading a story, cuddles, to take home to encourage the idea that the children see rewards in the simplest things, not just sweets etc.
- Ask parents to fill out a food diary on what their child has eaten over the weekend
- Ask children to bring in their toothbrush from home and talk about the importance of brushing teeth
- Invite a dentist to come in and talk to the children about the importance of healthy eating and brushing their teeth
- Exercise with the children using an obstacle course
- Go for a walk in some green space and bring healthy snacks for a picnic
- Make exercise fun: play musical chairs, musical statues or dance to the children's favourite songs
- Visit a local greengrocer to have a look at the different fruits and vegetables
- Play 'café' and 'shop'. Buy and sell products that encourage healthy behaviour
- Play/pretend cooking to encourage healthy food choices.