



Feeding young children:
practical advice from experts

Ten Steps for Healthy Toddlers

– A Short Survey

London Early Years Foundation (LEYF) are supporting the Infant & Toddler Forum (ITF) to find out more about how the *Ten Steps for Healthy Toddlers* can work in early years settings to positively influence behaviour around feeding and attitudes to healthy eating.

We would therefore appreciate you taking a few minutes to share your experiences by completing the following short survey.

It will help the ITF to identify some of the challenges settings face when trying to improve nutrition and mealtime experiences for their children. A further assessment will take place at six months following the roll out of the *Ten Steps* in settings.

Many thanks for taking the time to share your thoughts. Your personal feedback is confidential and findings will only be shared between LEYF and ITF.

Please return this survey by email, fax or post to [Claire Wright](mailto:cwright@saycomms.co.uk)

Contact details:

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Or alternatively please give this completed form to your area manager

About your setting

Which London borough is your
setting located?

PLEASE MAKE A SELECTION BY PUTTING A CROSS IN THE ANSWER BOX

Barking and Dagenham	
Camden	
Kensington and Chelsea	
Lambeth	
Tower Hamlets	
Westminster	

Overall, how many children attend your setting?

PLEASE MAKE A SELECTION BY PUTTING A CROSS IN THE ANSWER BOX

Less than 10	
11 – 15	
16 – 20	
21 – 25	
26 – 30	
31 – 40	
Over 41	

Q1

The Infant & Toddler Forum (ITF) launched the *Ten Steps for Healthy Toddlers* in July 2010. Are you aware of this scheme?

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Yes (Go to Q1a)	
No (Go to Q2)	

Q1a

Had you heard about the *Ten Steps* before this LEYF roll out which began in 2012?

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Yes	
No	

About your setting

Q2

Which word best describes the experience in your setting?

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	<i>ALWAYS</i>	<i>FREQUENTLY</i>	<i>OCCASIONALLY</i>	<i>RARELY</i>
Managing the children's behaviour at snack and meal times is easy for staff				
Meal/snack time is a very calm, social occasion				
Meal/snack is a time of stress/ anxiety in our setting				
There is challenging behaviour at meal/snack time *				
Meal/snack time is a difficult time for the staff				
There is fussy eating				
We manage multiple food allergies				

* If you see challenging behaviours in your setting please list them below

Q3

Do you agree or disagree with the following statements?

PLEASE MAKE A SELECTION BY PUTTING A CROSS IN THE ANSWER BOX

	<i>AGREE</i>	<i>DISAGREE</i>
I always feel confident advising parents on feeding challenges they may experience at home		
I always feel confident managing any behaviour that may arise at meal/snack time		
I always feel equipped to deal with food related challenges from any of our children		
I would like some (more) training to help me to deal with feeding challenges in the setting		
I would like some (more) training to help me answer parents questions and queries on feeding challenges		

ENDS