



Birmingham Pre-school Learning Alliance

Healthy Tots – Healthy Futures

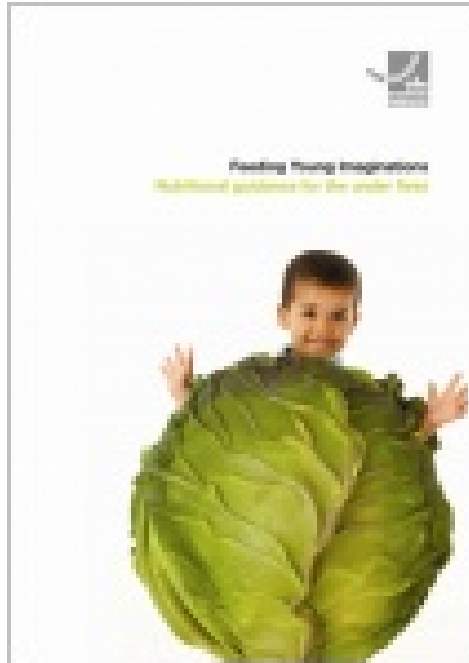


Feeding Young Imaginations Campaign



- Since 2003 the Alliance has campaigned for better nutritional support for under 5s.
- Developed a range of practical resources for Early Years Settings:-
 - Essential Early Years Cookbook
 - Training for Early Years Practitioners
- Provides guidance for parents via our website, in our settings and through our project work.

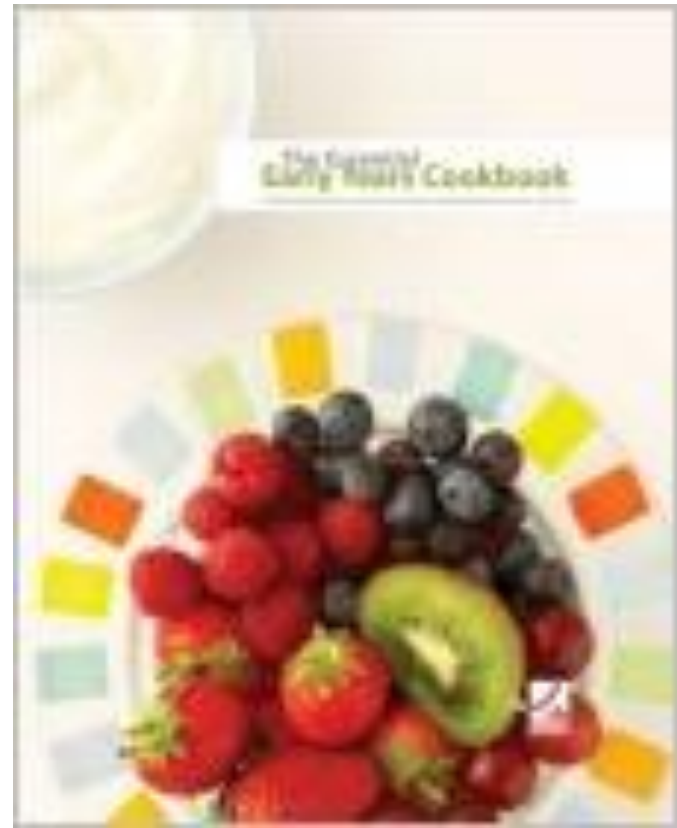
Feeding Young Imaginations Campaign



- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose healthy snacks
- Drink plenty of fluids
- Be physically active daily
- Brush your teeth twice a day

The Essential Early Years Cookbook

- Weaning
- Healthy eating for 1-2 year olds
- Healthy eating for 3-5 year olds
- Menu planning
- Recipes
- Cooking with children



Building Foundations Project



- Funded by Local Authority to provide support to Stay & Play groups in Birmingham
- Use toolkit developed by local staff team
- Delivered to 140 groups since April 2009
- 4 areas of focus with first being Healthy Lifestyles

Building Foundations Project



Barriers to be overcome:

- Offering biscuits as a snack
- Resistant to change
- Parents bringing in their own unhealthy snacks.
- Parents won't like it!
- Children won't like it!



Ten Steps for Healthy Toddlers



- Posters and A4 fliers went out with Under 5's
- Ordered 150 posters & 2000 flyers
- Delivered Ten Steps directly to parents/carers within the groups
- Enabled Development Workers to hold discussion with parents/carers around healthy eating and the importance of a healthy and varied diet for young toddlers.

Ten Steps for Healthy Toddlers



- Emphasises the difference between toddlers and young children.
- Gives simple factual information.
- Encourages routine.
- Gives parents confidence.

The Way Forward

Healthy Tots



- Project to encourage community growing and healthy lifestyles.
- 20 Groups across Birmingham - 10 families per group
- 7 sessions, April – September, including planting, tasting, songs and stories all related to healthy eating.
- Ten Steps included in resource bag.

Healthy Tots – Growing Together

