

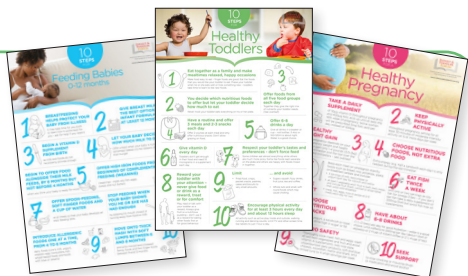
Our programmes

10
STEPS

Healthy Pregnancy, Feeding Babies, Healthy Toddlers

The Ten Steps training programme supports early years practitioners to work with young children and their parents to develop healthy habits for life. It can be a challenge for early years settings to meet local priorities in a tough financial landscape and the Ten Steps programme aims to provide support by:

- Reflecting best practice and established evidence
- Providing a framework to improve nutrition, mealtime experiences and dietary range (including fussy eating & weaning) for children
- Supporting Self-Evaluation: helping to achieve the Early Years Foundation Stage (EYFS) five Every Child Matters outcomes



Alongside providing practical resources – including leaflets & posters – the ITF can support frontline teams through 'Train the Trainer' sessions designed to provide foundation learning in nutrition and promote confidence in engaging parents-to-be and families in healthy conversations.

Contact us today to understand how we can help your organisation champion the healthy habits message

Tot It Up

Tot It Up allows parents and carers to input details of the meals, snacks and drinks a toddler has consumed throughout the day and/or week, as well as the amount of physical activity they have undertaken, to receive a personalised analysis of the child's diet in light of current recommendations.



Tot It Up has a wealth of data behind it and is the only resource currently available which offers dietary trends in terms of what's actually on toddlers' plates. This data can be interrogated to define the Top 10 foods eaten at meal/snack times, alongside types of activity. The resource can also be used to measure 'message' uptake before and after education campaigns around food and feeding in the early years.

Get in touch today to find out how Tot It Up can help you

Portion Sizes For 1-4 Year Olds

We have published evidence around portion sizes to help build levels of understanding around how much food and drink to offer 1-4-year olds. Our image library gives parents a guide on how much of the 5 key food groups to offer their 1-4-year olds.



Our evidence-based portion sizes are being incorporated in a number of different initiatives and in new product development.

If you are interested to find out how our Portion Sizes resource could help you, please do get in touch

chat: Healthy Conversations From Pregnancy To Pre-School

CHAT is an online educational programme which increases practitioner confidence in engaging and supporting families to make lifestyle changes to improve their short and long-term health.

Via online and face-to-face training, CHAT is unique in that it combines the 'knowledge of healthy behaviours in early life' with Healthy Conversation Skills (HCS). This

scalable and transferable intervention will help achieve current government targets to combat maternal and childhood obesity through the MECC mandate and has already delivered positive results in a recent pilot with the Early Years Learning Alliance.

Call us today to find out more and put your healthy conversation skills to the test



The healthiest start in life
from pregnancy to preschool



Our Vision

A world where every child has the healthiest start in life.

Working towards a future where poor early eating habits aren't given the chance to develop, reducing the harm they can bring later in life.

www.infantandtoddlerforum.org

Who we are

The Infant & Toddler Forum is an expert-led, not-for-profit organisation, established over fifteen years ago and born out of the need to support parents, parents-to-be and professionals in early years nutrition. Our members include leading experts from paediatrics, neonatology, health visiting, dietetics, child psychology, midwifery and obstetrics.

BACK IN 2004

the importance of the early years was not understood and the education needs of professionals and parents were dramatically underserved.

TODAY

we face a different, yet equally pressing, challenge in the wake of the growing childhood obesity crisis which affects

OVER 10%

of 4-5 years olds (11.2%) and 12% of toddlers who are considered overweight¹.

THE EARLY LIFE WINDOW

With its widely reported impact on the health of future generations, early life is a critical window of opportunity to shape health and wellbeing for the benefit of today and tomorrow's children.



1. <https://www.openaccessgovernment.org/childhood-obesity-crisis/61235/>

How we work

We work in partnership with others to provide



Parents

Parents-to-be

Professionals

Providers

with the confidence and skills they need to help children develop positive healthy eating habits that last a lifetime, by:

Developing and delivering

evidence-based programmes and resources for, and with, healthcare professionals, parents and providers which focus on healthy habits during pregnancy and early life

Collaborating with experts

to create free and accessible accurate, balanced and consistent health information

Working closely

with professional groups, commercial organisations and policy makers who share our vision

What we offer

Behaviour change

As one of a select few organisations dedicated to early-life nutrition (including during pregnancy), through our evidence-based programmes and resources we help tens of thousands of parents and providers take the first step to healthy change

Joint working / consultancy

We collaborate with the NHS, local authorities, community & voluntary sectors and commercial stakeholders, all who are committed to a common purpose focusing on healthy outcomes for the early years

Training

We develop bespoke training programmes aimed at equipping parents and practitioners with the skills and confidence to promote healthy habits in children



Contact us today

infantandtoddlerforum.org / 020 8971 0022

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