

# A Healthy Start in Childcare

Enabling settings to support a healthy start in life for children in their care



For early years settings, nurseries, day-care staff and childminders

3 x 2-hour online sessions

Childcare settings play a vital role in enabling a healthy start. This course provides key practical information about early nutrition and activity, useful ideas for settings plus tools to manage behaviour for emotional wellbeing

“Brilliant training, it went at the right pace. I learned so much”

Practitioners will:

- Develop knowledge about healthy meals, snacks and portion sizes for young children
- Understand the value of active play for a healthy start and adopt new ideas to encourage it
- Manage children's behaviour whilst building their self-esteem, so children start school emotionally ready to learn
- Model a healthy lifestyle for young children in their care, which research shows influences children's lifestyle habits and food & activity preferences



99% of practitioners feel confident to provide a healthy start in their settings  
97% made positive changes to their settings post-training