

# 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

1-day course

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

“Excellent course and very useful. I will be making changes at the setting. Wish I'd come on it sooner.”

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