

First Steps (Bath)

Healthy Eating, Active Lifestyle and Hygiene Policy

Policy statement

At First Steps (Bath) we believe it is essential to provide children with positive healthy eating and active lifestyle experiences to promote their wellbeing this is woven into our pedagogy. We welcome breastfeeding at our centres, and we respect the different dietary, cultural and health needs of all our children. Relating to the Early Years Foundation Stage (EYFS) we encourage children to have food preferences while helping to understand why some choices are healthier than others. We believe that human health and wellbeing is linked to the environment. That adults have a responsibility to ensure that children have access to nature and opportunities to explore the natural world. We encourage children to be active citizens and embed ideas of sustainability in appropriate ways.

Implementation of the policy in our setting

A senior member of staff is responsible for overseeing all aspects of food and hygiene...

- All staff, students and volunteers are given an induction, which includes reference to this and other policies and procedures
- All staff, students and volunteers are made fully aware of individual children's dietary needs and requirements; and are shown the allergies/dietary list in rooms and kitchens
- All staff who are involved in food preparation or food related activities have current food hygiene training.
- Whilst children are eating there is always a member of staff in the room with a valid paediatric first aid certificate
- Parents are given records of what their child has eaten each day.

Availability of water / milk

- We always have fresh drinking water and suitable cups readily available for all children and staff.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- The milk provided for the children with morning and afternoon snacks is whole milk for 1- to 2-year-olds and semi-skimmed for 2- to 5-year-olds

Meals

- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that the children also have the opportunity to try unfamiliar foods.
- Meals are blended or chopped as appropriate for younger children and in line with parent or carer requests.
- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives, and colourings and meet school standards.
- Menus provide the children with a healthy balanced diet. They are displayed on our web site for parents / carers to note what their children will be eating.
- We aim to offer at least five portions of fruit and/or vegetables throughout the day.
- Menus are planned to meet all dietary requirements.

- If parents wish to provide a packed lunch for their child instead, they are asked not to include fizzy drinks, sweets, and nuts of any sort. Parents are asked to provide a nutritious, balanced lunch. However, we allow for the individual sensory needs of children, where appropriate after discussion with parents.
- Children are supervised whilst they are eating to help prevent choking and to detect signs of choking so rapid action can be taken when needed.

Introduction of solid Foods

Early years professionals must have ongoing discussions with parents and or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made on age.

Food must be prepared in a suitable way for each child's individual developmental needs, working with parents and or carers to help children move on to the next stage at a pace right for the child.

Babies and young children should be seated safely in a highchair or appropriately sized low chair while eating, in a designated eating space with minimal distractions.

See appendix i below

Promoting Healthy Eating

We will support parents and carers to provide healthy lifestyles for their children by: -

- Supporting safe and responsive feeding and the appropriate introduction of solid foods.
- Promoting a range of healthy eating courses
- Model healthy eating in all activities and groups
- Provision of displays and information leaflets
- Provision of healthy meal recipe cards
- Support parents to prepare a healthy lunch box
- Working with other agencies to promote healthy lifestyles.

Special dietary needs and food allergies

- The children's medical, cultural, and personal dietary requirements are respected and adhered to.
- All allergies and intolerances to foods and/or drinks are recorded on admission and noted using a health care plan completed with the parent (including medical reports) and added to the room allergy records.
- Staff are aware of the symptoms and treatments for allergies and anaphylaxis.
- This information is shared to all staff involved in the preparing and handling of food.
- We use sensitivity in catering for children with specific dietary needs and aim to increase their understanding of foods which are potentially unsafe for them.
- We update records of children's specific dietary requirements and keep these in a prominent place within the playrooms and kitchens.
- Parents are asked to provide medical reports and/or allergy flow charts to support a written health care plan.

Routines/Social aspects

- We plan snack and mealtimes as a regular, pleasant, and social event.
- We sit with children at their tables and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

- We encourage the children to take it in turns, share and be polite.
- We encourage common courtesies such as communicating 'please' and 'thank you.'
- We encourage independence, whilst acknowledging their individual needs and abilities, at meal and snack times.

Promoting children's hygiene

- We ensure that all children have wiped their faces and washed their hands effectively.
- Posters in the bathrooms remind children about hand washing and toilet flushing.
- We regularly check all children's noses, encourage them to wipe their own noses, and provide tissue stations in the playrooms with stocks of tissues near bins.
- We ensure that outdoor toys and equipment are cleaned regularly.
- We encourage the children to put toys away after each play session in our gardens.
- We offer opportunities for children to learn about health and self-care e.g. cleaning teeth & washing hands.

Storage of food (refer to risk assessment appendix)

- All foods are stored safely and hygienically and at regulated temperatures, in storage cupboards, fridges and freezers as appropriate.
- Food that needs to be kept chilled is put on the appropriate shelf in the fridge.
- Food is always eaten (or disposed of) by its use by date.
- Packed Lunches are stored in appropriate insulated containers however if this is not possible for any reason parents who provide a packed lunch for their child are asked to include an ice pack.

Sleep

If required, children can have a sleep during the day. Each child has an individual cot or sleep mat, with clean linen provide.. Sleep mats and mattresses are regularly disinfected. At least one member of staff stays with the children until they are asleep (except for children in cots). All sleeping children are monitored through visual checks at least every 10 minutes. will be used where appropriate. Children are only to be put to sleep in an appropriate cot, coracle or on a flat mat. Bouncers and prams will only be used with the consent of parents/ carers and after other strategies have been proven ineffective. If a child falls asleep in a rocker or push chair they are to be moved to a cot, coracle or flat mat at the earliest time possible and risk assessed.

Babies and children under two

First Steps staff support health visitors to ensure that pregnant women are given the correct information and support they need to make an informed choice of how to feed their baby, and we take active steps to promote responsive feeding as the normal and healthy way to feed a baby. We strive to make our centres a welcoming place for breastfeeding mothers, and take steps not to promote formula milks, following the guide for health workers for working within the international code of marketing of breastmilk Substitutes

To meet specific needs of babies and children under two or those using prescription milk:

- We label and store individual bottles and baby foods hygienically and appropriately.
- If parents provide formula milk, we provide sterilised bottles and boiled water and make up these bottles on site as needed throughout the day.

- We encourage babies and toddlers to eat independently in a way that is appropriate for their stage of development.
- The key person can give information & support to provide breast milk, which is stored safely.

Physical Activity

- We provide a stimulating environment with accessible resources that challenge & support all children to be physically active throughout the day.
- We provide a variety of high quality physically active play opportunities led by skilled practitioners.
- Children are given opportunities to access outdoor spaces in the local area.
- Active travel to nursery is promoted, with regular promotion of road safety messages.
- We promote sun safety and ask parents for permission to use sun cream.

There is a smoke free environment across all sites

References

- We follow the requirements as stated in the Statutory Framework for the EYFS as published by the Department for Education.
- [Example menus for early years settings in England: part 1 \(publishing.service.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/617222/Example_menus_for_early_years_settings_in_England_part_1.pdf)
- [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sudden-infant-death-syndrome/)

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Appendix i

First Steps Weaning Procedure information and advice

Weaning advice NHS

Weaning is the gradual introduction of solid foods into your babies diet.

The NHS advise that children start to wean around 6 months or when they have developed the set of skills outlined below. Prior to 6 months breast milk and formula meet the digestive and nutritional needs of young babies. Weaning can be a big stage for some families, agencies should work together to co-ordinate support.

Signs your baby is ready to start weaning

They can stay in a sitting position, holding their head steady

They can coordinate their eyes, hands and mouth so they can look at their food, pick it up and put it in their mouth

They can swallow food (rather than spit it back out)

Safety

Nursery Practitioners are all trained in Pediatric first aid which includes a section on choking

Involving parents

During initial settling in visits parents are consulted on their child stage of weaning and the methods families use at home to support children trying foods. We support both 'baby led weaning' and 'spoon feeding' as safe methods to introduce solid foods.

Parents are encouraged to seek support from their health visitor if they have any concerns around their child's feeding or would like weaning support.

As children widen their experiences with food parents are encouraged to share updates with the nursery team so we can match the home environment and offer similar choices.

Nursery menu

Food served at nursery is varied and contain all the major food groups. Menus are designed with young children nutritional needs in mind therefore contain low salt and sugar. The menu reflects the cultural diversity of the community with a variety of tastes and textures. If your child has a particular allergy or food preference please talk to a member of the nursery team so adjustments can be made to the standard menu.

In the rare occurrence that children's dietary needs can not be met via our adapted menu parents are permitted to bring in food from home. Due to the allergies of other children we will need to ensure food brought from home does not contain nuts or any other allergens (dependent on current allergies).

The baby room has the facilities to blend and mash food from our daily menu. Please let nursery practitioners know if your child requires a particular texture of food.

The nursery lunch menu can be accessed by families via our Family app. Please ask nursery practitioners for more information of the daily menu including snacks.

Spoon feeding

The texture of food provided will slowly change as children develop chewing skills. Starting with pureed vegetables and fruits. Then mashed with small lumps then mashed with larger lumps.

Once children are comfortable with vegetables / fruits more food groups can be slowly added including starchy foods, proteins and dairy products.

As children develop confidence and skills they will be given a spoon to explore self feeding.

Children will be given a drink of water alongside their meals and snacks.

Adults should ensure they are facing children when spoon feeding and interacting with them throughout the meal times. Adults should be at their level supporting when needed.

Baby led weaning

Baby led weaning allows children to handle and explore a variety of foods. Fruits and vegetables should be soft and cut into adult finger sized pieces, large enough for baby to hold and put into their mouths. Hard fruits or vegetables should be cooked and softened. Pips , stones and hard skin should be removed.



Weaning Procedure

- When spoon feeding children, adult to be facing children and interacting with them.
- Children to have time to digest food before going to bed
- When babies start weaning, for staff to be aware of the different consistencies and size of foods. See NHS guidelines and parental input
- Do not make assumptions based on age , each child will have a different weaning journey and different physical capabilities
- Staff to watch the babies whilst eating at all times to lessen the risk of babies choking – choking is silent!
- Keep parents up to date with new foods they have tried at nursery.
- Refer to 'Food safety Procedure- choking hazards'



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Food Safety Procedure re Choking Hazards

- No pips or stones in fruit - remove
- All round fruit to be cut into small pieces - grapes; cherries; strawberries and cherry tomatoes - **QUARTERS**
- Bananas cut **LENGTHWAYS**
- Satsumas - careful of pith and skin - can be choking hazard - squish and pull apart
- Large fruit - melons, applies into **SLICES** not small chunks
- Vegetables - carrots; cucumber and celery - narrow **BATONS**

NB for very young children consider removing skin, mashing up fruit and vegetables

- Sausages - cut **LENGTHWAYS** into short strips (children can then cut into smaller pieces with support in pre-school)
- Meat and fish - remove bones
- Cheese - **GRATED**
- Bread - Only **BROWN**

DO NOT GIVE

- Popcorn
- Chewing gum
- Marshmallow
- Peanut butter (as spread ok)
- Jelly cubes
- Boiled sweets
- Ice cubes
- Raisins or other dried fruits (under 1)



www.firststepsbath.org.uk

