



Seagull Childcare Shaldon, South Devon

HEALTH AND WELLBEING

My aim as a registered Ofsted childminder is to promote a healthy lifestyle for each child which will, hopefully, continue through into their adult lives. It is important that I and a child's parents/carers work together to achieve this goal.

At the weekend I will make up a rough list of menus for snacks and meals which I will happily show to parents/carers if they request it.

I will ensure that all children who have allergy problems or who are on special diets are catered for individually according to their needs.

Children will be encouraged to help plan what they would like to eat for their break time snack or if we go out for a picnic. There are children's cookbooks available for them to read and look through. They will be encouraged to plan a menu, make a shopping list and then we will go out together to the local shops in the village, the bakers and the butchers for example, to help choose and buy food. We might, with permission from their parents/carers, go together to a café for a treat.

They will also be encouraged to help prepare food. It's fun and it's also educational helping a child to learn about different shapes and colours.

A child may have a behavioural problem, for example not being able to sit still during quiet times, nor able to concentrate on activities or generally being hyper all the time.

I will try to encourage the parents/carers of such a child to meet up with the health visitor to check that there is nothing wrong with the child's diet i.e. too much sugar.

I would also take the same action if a child is too pale, always tired and finds it difficult to complete physical activities. It may be that something is lacking in that child's diet or the child is anaemic.

Physical activity, along with a healthy diet, is important during a child's early years. It will help them to grow up into healthy and happy, physically confident, adults. Ofsted requires that all children should have some form of outside physical exercise and I will encourage children in my care to take part in, and enjoy, physical activities whether it's a visit to the local park, playing sports and games, being out on the beach or joining me when I'm out walking the dogs. Parents/carers need to make sure their child has, and brings with them, appropriate clothing and footwear; warm coats and waterproof shoes/boots in the winter and cardigans/pullovers and a sunhat in the summer.

Parents/carers of very young children will need to make sure that the child brings with them a change of clothing i.e. pants in case of 'accidents'.