



Sandcastle Nursery & Preschool

Supporting Healthy Bodies in the Early Years – information

Why Healthy Habits Matter

- The early years are key for forming lifelong habits.
- We promote healthy eating, active play, positive attitudes and independence.

Healthy Eating

- Balanced meals with fruit, vegetables and whole foods.
- Encouraging children to try new foods without pressure.
- Children serve their own food where possible.
- Regular water access throughout the day.

Useful Links – Healthy Eating

- NHS Healthy Eating for Children – www.nhs.uk/live-well/eat-well/
- NHS Healthier Families – www.nhs.uk/healthier-families/
- Change4Life Recipes – www.nhs.uk/healthier-families/recipes/

Hydration

- Children have free access to water all day.
- We encourage regular 'drink breaks' and model good hydration.

Physical Activity

- Children should be active for at least 180 minutes a day.
- Outdoor play, bikes, scooters, dancing, climbing and movement games.

Useful Links – Physical Activity

- NHS Guidelines for Under 5s

www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/

- Activity Ideas – www.nhs.uk/healthier-families/activities/

Emotional Wellbeing

- Promoting confidence, emotional expression and self-awareness.
- Helping children listen to hunger cues and talk about how they feel.

Oral Health

- Brushing teeth twice daily.
- Limiting sugary foods and drinks.
- Teaching children why teeth are important.



Useful Links – Oral Health

- NHS Children's Teeth

www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/

How Families Can Support at Home

- Offer varied healthy foods.
- Encourage active play.
- Provide regular access to water.
- Limit sugary snacks and drinks.
- Favour outdoor time over screen time.
- Create calm mealtime routines.

Local Support Services

- Health Visiting Team – via GP or Red Book.
- Start for Life – www.nhs.uk/start-for-life/
- Local Children's Centres – BCP Council.

Our Commitment

We work together with families to promote healthy, happy children

