



Health and Well-Being

Little Meadows Nursery provides children with a healthy diet to suit their special dietary needs and preferences; and promotes hygienic practices within the setting.

Children of all ages are taught and encouraged to eat healthily and to look after their personal hygiene. Children's well-being is important to us as 'all **children** deserve to be happy with how their lives are going, and we can't know if they are unless we ask them', The Children's Society.

Within the setting we:

- Discuss with the children the need of a healthy diet to grow, have healthy skin and strong and healthy teeth
- Teach children about the importance of eating five portions of fruit and vegetables a day to keep a healthy diet, and that sweets are not good for us and can rot our teeth
- Encourage each child when they bring their picnic lunch to the setting that it is not filled up with chocolate or sweet goodies, but with healthy food. We are not saying that we want the child to stop the goodies, but to have them in moderation
- Ask and encourage children to eat savoury foods first, followed by any of the sweeter goodies they may have. We ask you to provide us with information regarding your child's dietary requirements and information on food allergies if applicable
- Ensure fresh water is always available
- We read articles and attend training related to Health and Well-Being
- Talk about feelings and emotions with the children
- Use ways such as yoga and the outdoors environment to feel good, exercise and reduce stress
- Work in partnership with parents to ensure a healthy well-being for their child.

Food Allergies:

Little Meadows Nursery do everything possible to minimise the risk of a child being exposed to a substance to which he/she is allergic.

We gain information on allergies from parents/carers as children start at the setting and regularly update this information. A record of allergies is displayed in the classroom and all staff are made aware of the food that individual children must avoid. If your child is allergic or intolerant to any food types, we will ensure they do not have a meal containing it. In some cases we may ask a parent to provide some safe foods for their child to have at nursery.

It is your responsibility to update us of any changes that occur in your child's diet so we can update our 'Allergy Action Plans'. We have procedures in place to ensure that meals are prepared and served correctly. For example:

- Food is prepared by an outside company and arrives at nursery ready to serve, and with allergens clearly labelled on the packaging as per the requirements of the Food Standards Agency. Food prepared for children who have an allergy is labelled and separate from the other children's meals. Additionally we have a detailed tick sheet emailed each day with ingredients and allergens.
- Children sitting in the same places each meal time
- Any child with a severe allergy, or who has a severe reaction to a food will have a written health care plan. This health care plan will have been developed by the setting along with the parents/carers. All information relating to the child's needs will be shared in the setting with all staff who care for them.

NUTS ARE NOT ALLOWED IN SETTING.

In the event that a child should consume food they are allergic to, we will inform you immediately and seek medical help if necessary.

Choking:

We are very aware of the dangers and possibilities of children choking. We ensure that there is always a designated person in sight and hearing of all children when eating and they are Paediatric First Aid trained. We sit with the children or are close to the children when eating so that we can act quickly if needed.

Food is checked that it meets the requirements for each individual child. We prepare food in a way to prevent choking, for example cutting grapes length ways in to quarters.

Children are also seated safely appropriate for their age and stage of development for example in an appropriate chair and eating takes place in a designated space where distractions are minimized.

When a child experiences a choking incident that requires intervention, we will record details of where and how the child choked and parents and/or carers will be made aware. Records will be reviewed of any incidents and adjustments made to procedures if required.

Personal Hygiene is taught by:

- Washing hands with soap and water when arriving and departing, before and after meals, after going to the toilet, after a messy activity, i.e. playing in the garden and as required
- Drying hands with a clean flannel each time
- Washing faces before and after meals
- Encourage children with long hair to keep it tied back and to keep hair clean and to brush it regularly,
- To flush the toilet after use
- To follow the procedures as displayed in the cloakroom by the sink. (This can help

all children, especially those with special needs who struggle to remember).

Little Meadows Nursery is registered with Environmental Health and inspected to ensure the correct preparation and storage of food. The setting is kept clean and areas of food preparation, storage and serving are always cleaned with appropriate cleaning products. We attend training on Food Hygiene and keep up to date with current legislation. Equipment is kept in good order and is replaced when there is any sign of wear. We wear disposable gloves for changing nappies and dispose of each pair after use. We immediately clean up any spillage of body fluids using gloves and a disposable cloth.

Procedures for hygiene may be subject to change due to unforeseen circumstances such as: Pandemic, Global, Environmental changes and may be subject to Government Closures or Local Authority instruction. Anything personal to a child or their family, but in all instance's, procedures are in place to reduce cross contamination.

Children's Well-Being is extremely important to us and children can experience stress in their lives in many ways as we have seen with the COVID-19 pandemic and Little Meadows Nursery will do their utmost to help reduce these stresses. "Children's well-being is an important part of the nation's well-being. Not only does childhood set the foundation for a well-functioning and healthy adulthood, but children ought to be able to experience life and flourish as individuals." Children's Well-being: 2018. For more support on this please see the setting's behaviour policy.

Please do not hesitate to ask any questions about this policy and procedures.