

Aims

- To improve Happy Childs provision using the Ten Steps
- Over come challenges Happy Child staff face on a day to day basis related to feeding children
- Use 10 Steps to support Ofsted evaluation
- Improve awareness of how to deal with fussy eaters
- Look at the effectiveness of Happy Childs Policies and procedures(ARE THEY WORKING)
- Working in partnership with parents
- To provide opportunities to educate children to make healthy choices ie through activities

- Benefits to the children's development
- Working in partnership local communities
- Knowledgeable and motivated staff
- Sharing good practice
- Information sharing
- Improving Ofsted results



Linking in EYFS

A Unique Child

1.4 Health and well being

POSTIVE RELATIONSHIPS

2.2 Parents as partners

ENABLING ENVIRONMENT

3.4 WIDER CONTEXT

LEARNING AND DEVELOPMENT

4.1 PLAY AND EXPLORATION

4.2 ACTIVE LEARNING

4.3 CREATIVITY AND CRITICAL THINKING

4.4 AREAS OF ENABLING ENVIRONMENT

3.4 WIDER CONTEXT



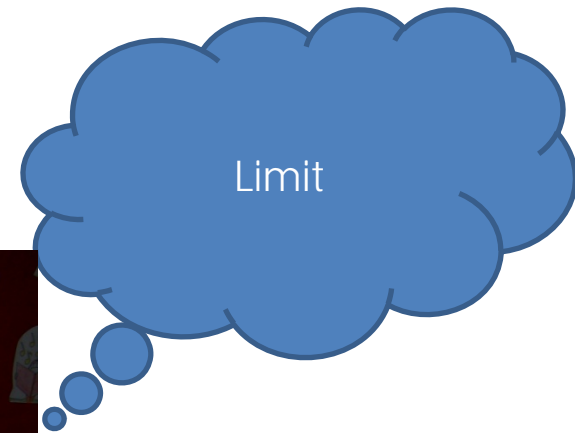
Implementing the Ten Steps in daily practice



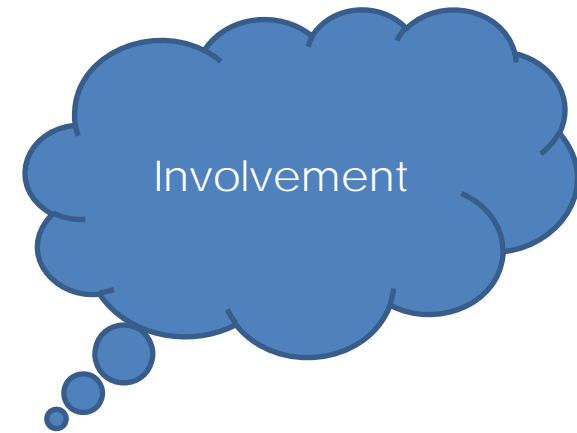
Happy

How does meal time make you feel?

Implementing the Ten Steps in daily practice



Implementing the Ten Steps in daily practice



Implementing the Ten Steps in daily practice

ACTIVITIES



10 Step to Healthy Toddlers :Health



Case Study



10 Step to Healthy Toddlers

Happy Child Action Plans

- Northfield
- Shepherds Bush
- West Ealing Day

10 Step to Healthy Toddlers

- **The Benefits of Children Cooking:**

- The most obvious benefit of children cooking is that they actually learn HOW to cook!

Cooking with children can involve some, most, or all of the following which is basic to everyday life.

- · planning menus,
- · shopping for ingredients,
- · correctly storing food items,
- · time management,
- · cooking skills,
- · presentation,
- · nutrition,
- · responsibility,
- · hygiene,
- · and just plain enjoyment of eating.

Other benefits for children cooking also include:

- · Opportunities for mastery of new skills,
- · increased self esteem,
- · self respect,
- · self confidence,
- · the art of giving for other's enjoyment,
- · a sense of service,
- · increased creativity and imagination,
- · better self image which comes with accomplishment.

The effectiveness of the 10 Tens Steps

- Improvements to Menus
- How the 10 steps have affected Happy child's day-to-day care of children
- Supervisions/ individual plans
- Future Plans



Making decisions



Making healthy Choice :

Talk about health and making healthy choices should be a part of the nursery's daily routine. We are encouraging the children to be included in the preparation of mealtimes . which may encourage them to eat during meal time.

Opportunities

-To talk about poverty, fast foods and bad eating habits .

10 Steps

The largest impact

- 1 Eat together as a family and make mealtimes relaxed ,happy occasions
- 2 You decide which nutritious foods to offer but let toddler decide how much to eat.
- 7 Respect your toddlers tastes and preferences –don't force feed