

## The Cottage Nursery

### Policy on Healthy Living

#### Diet and mealtimes:

- The Cottage Nursery recognises mealtimes as an opportunity for happy, social interactions between children, their peers and the staff.
- The nursery promotes a healthy and nutritious diet through the food that is provided for children as part of our menu.
- The practitioners promote healthy food choices through conversations with the children and planned activities.
- Menus are planned and update each term. Our menus reflect cultural diversity and nutritious foods. Each week features a vegetarian and fish dish. A dessert of fruit and low-fat yoghurt is provided at lunch times.
- Dietary needs such as religious values, vegan or vegetarian preferences, allergies and intolerances are always respected and adhered to. Children are provided with an alternative to the planned menu where necessary.
- Children are provided with a healthy snack in the morning and afternoon consisting of a piece of fruit each snack time and a carbohydrate in the afternoon.
- The nursery recognises that breakfast is an important meal for children's wellbeing. All children who attend nursery between 8 and 8:30am are offered a choice of toast, low sugar cereals or fruit at breakfast time.
- Fresh drinking water is accessible to the children at all times.
- The Cottage nursery is a nut free zone.
- Milk is provided for all children through The Welfare Food Scheme. Children under the age of two will be given full fat milk and children over two-year-olds have semi-skimmed milk.
- Children are encouraged to drink milk to promote healthy teeth. If they are unable to have milk due to an allergy/intolerance, an alternative is provided.
- Allergies are displayed clearly in each room. All staff that enter the room are made aware of any allergies and action plans. Children in the Panthers' and Lions' rooms will be given a red placemat if they have an allergy/intolerance.
- Food is served on a separate plate for children with a specific dietary need.

#### Teeth:

- Healthy teeth and eating habits are promoted by staff during mealtimes, discussions with the children and regularly planned activities.

- Information regarding how to care for children's teeth, how to register at a dentist and healthy food habits are clearly displayed around the nursery for all parents to see.
- Further information and guidance for parents on oral hygiene is provided on our website.
- We promote teeth brushing outside of the nursery using our bedtime bears who all have a toothbrush and some extra details on how to include toothbrushing in bedtime routines.
- Practitioners will raise concerns regarding children's oral hygiene as part of our safeguarding and child protection policy.

#### Physical Activity:

- Practitioners will promote the importance and benefits of exercise to children and provide stimulating opportunities to develop children's fine and gross motor skills on a daily basis.
- Staff ensure that all children have access to outdoor play twice a day to encourage children to run, climb and exercise.
- When the weather does not allow for outdoor play, staff will ensure that all children have had the opportunity to take part in a physical activity or explore our climbing frame in the physical room.

#### Personal hygiene routines:

- The Cottage Nursery promotes good personal hygiene for all staff and children.
- All children are encouraged to wash hands before all meal-times and after using the toilet with increasing independence throughout the nursery. Practitioners regularly promote the importance of handwashing during conversations with the children and regular planned activities.
- Each room has several nose blowing stations. Each station is equipped with a mirror, tissues and hand sanitiser (for the adults). Children in the older rooms are encouraged to blow their own noses with adult support and wash their hands afterwards. Staff will also wash or sanitise their hands after every nose wipe.
- Children are not left in dirty or soiled clothes. We ask all parents to provide spare changes of clothes (the nursery also has spare clothes) and all dirty clothes are changed including food spillages, getting dirty in the garden, accidents, etc.

Child mental health:

- The Cottage Nursery is committed to ensuring the mental wellbeing of all children using our key person system.
- Practitioners created secure bonds with the children in the care, allowing children to use them for comfort and as a secure base when exploring.
- The setting process is managed carefully between a child's parents and key person to ensure that the beginning of nursery is not too overwhelming for any child. (See our settling in policy).
- Practitioners provide honest feedback regarding a child's day with particular sensitivity if the child has had a particularly emotional or difficult day.
- We encourage communication between parents and their key person to alert practitioners of any changes or life transitions that may bring challenges to a child's mental well being such as moving house, a new sibling, changing rooms at nursery, etc.
- Each room has a designated calm corner. This is a cosy and quiet area where children are able to refuel or have some quiet time. Each calm corner has calming or emotions resources such as fidget toys, teddies, blankets. Practitioners promote the use of the calm corner to all children and provide support and comfort for the children.
- The nursery promotes the understanding of children's emotions using 'The Colour Monster' story. Each room has 'Colour monster' resources within their calm corners. Practitioners promote this in an age-appropriate manner.
- The calm corner is not used as a 'time out' or behaviour management strategy.

This policy was reviewed on 11.04.2023

Signed on behalf of The Cottage Nursery

.....