

Healthy Early Years is an accredited quality assurance award, endorsed by Sheffield's Director of Public Health.

Here at Once Upon A Time Daycare we work closely with the local authority to ensure we are working together citywide to promote, encourage and teach children and their families about healthy early years as a whole setting approach we promote Public Health messages, demonstrating our commitment to supporting children, families, staff and the wider community in making informed choices leading to positive attributes of physical, mental, emotional health and wellbeing.

Healthy Eating and Oral Health:

Here at Once Upon A Time Daycare we have an onsite chef that freshly prepares and cooks all snacks and meals. We follow the Eatwell Guide when designing our menus to ensure our children are provided with and taught about healthy choices and also includes promoting tooth-friendly food choices.

The Eatwell Guide is a UK-wide framework for a healthy, balanced diet, and you can find information and resources specific to the Sheffield area through [Sheffield City Council](#), [Sheffield Teaching Hospitals](#), and other local NHS and community organizations. The guide emphasizes eating at least five portions of fruit and vegetables daily, basing meals on starchy carbohydrates, choosing lower-fat dairy and protein sources (including two portions of fish per week), consuming unsaturated oils in small amounts, and drinking plenty of fluids.

We are a nut nursery to ensure that we are safe for those with dietary requirements and providing nutritional balanced meals and snacks throughout the day to ensure children are given a healthy balanced diet.

We only provide water and milk (dairy free alternatives) as per the Eatwell Guide to ensure that children are only accessing fluids which have the benefit of providing everything a growing child needs, without so many of the harmful things which so many other drinks contain. Milk is a great source of calcium, protein and several other vitamins and minerals that are essential for growth and development also avoiding tooth decay.

Portion sizes

We use the food guide for portion sizes here at Once Upon A Time, children under the age of 2 years are served their food with each individual child's eating habits taken into consideration when providing an adequate portion. If the child is still hungry, again based on our professional judgement we provide adequate extras to ensure that each child is taking in all the nutrients and calories necessary for their age, individual needs and weight. Providing smaller portions to begin with encourages children to avoid oversized adult portions of food preventing early childhood obesity.

Oral Health

We help promote oral health by limit the amount of free sugars children eat or drink in our setting, as well as how often they consume them. This can help to avoid tooth decay.

What children drink from can impact their oral health. We only give babies bottles of breast milk, formula milk, or boiled water that has cooled down.

From 6 months old, we offer babies drinks in open-top cups. These are cups with no lids, which spill if knocked over. These cups can help children develop their sipping skills. This strengthens their face muscles, which helps them to bite, chew and talk.

When introducing open-top cups, we start with smaller cups or those with handles. These are easier for babies to grip. We offer a small amount of water at first, and gradually increase this over time.

Some babies may need to use a sipping cup or beaker with a spout before they can use an open-top cup. If this is the case, we make sure that the spout does not have a valve, that drinks can freely flow through it, and that babies do not need to suck.

From 12 months old onwards, we encourage children to have all drinks in open-top cups. From this point, avoid using any bottles or cups that need children to suck, like those with soft teats or valves.

As soon as a child's teeth start to come through, they are ready for toothbrushing to start.

One of the skills children should practice before starting school is brushing their teeth with fluoride toothpaste twice a day. This is something we encourage on starting the settling during the settling in process we go through the importance and helping guide and also through termly parent partnerships where we will discuss how they are getting on with their oral health.

Tooth brushing club is also available to encourage children to brush their teeth with their peers and adults.

Physical Activity

At Once Upon A Time Daycare children have the opportunity to access our outdoor area **AT LEAST** 3 hours every day. Through our free flow under 2 years unit and over 2's is able to access the outdoor area throughout the daily routine. We are an all-weather nursery and therefore encourage parents/carers to provide adequate clothing dependant on the weather.

We also have the advantage of an indoor soft play area, which is available to encourage not only physical development, but also personal, Social and emotional development along with planned activities to develop all other areas of learning. This may also be used to ensure children are having access to another environment which promotes gross motor skills.

Hygiene and Health Protection:

Here at Once upon A Time Daycare we have a robust Health and Safety and Sickness and Illness policy which establish protocols for good hygiene, such as regular handwashing and cleaning of surfaces, to manage illnesses and infections effectively. Fluid contact with Public health is vital to ensure we are preventing spread and helping children learn to manage their own good hygiene practises throughout the day through routine.

Mental and Emotional Wellbeing

Here at Once Upon a Time Daycare we have created a safe and supportive environment for children to share feelings and express themselves, including providing quiet times and encouraging creativity.

We aim develop trusting relationships with vulnerable families and adopt a non-judgmental approach, while focusing on the child's needs. By identifying the strengths and capabilities of the family, as well as factors that pose a risk to the child's (or children's) social and emotional wellbeing talking about the aspirations and expectations for the child seeking to understand and respond to perceived needs and concerns discussing any risk factors in a sensitive manner to ensure families do not feel criticised, judged or stigmatised. We aim to support and guide children and families to ensure that children have access to all available to them to ensure they have the best start in life.

Staff Training

Here at Once Upon A Time Daycare we ensure all staff, including managers, are trained in healthy eating, oral health, and wellbeing. Team meetings and in house training is something we heavily rely on to ensure all relevant information is shared accurately to ensure we are working as a whole setting holistically. We are also passionate about empowering staff to take lead and share their learning and knowledge with the team to ensure again we are all working together and all information is shared effectively.

Community and Family Involvement

Ours aims and focus are shared with our setting in our reception area and progress towards achieving those goals are shared on our social media platforms and in our newsletters. Providing support and information to help them make informed health choices at home. Sharing relevant and current Public Health messages is important to ensure families are updated and fully aware of the key points of healthy early years. We invite families in to take part in various activities throughout the year such as allotment health, stay and plays, and come dine with me. These are our way of involving families not only immediate parents and carers but also extended family members that can help share the messages.

This policy was adopted on	Signed on behalf of the nursery	Date for review
28/06/2025	Rebecca Street	28/06/2026
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