

# A Healthy Start In Childcare

## Free Online Training Course

A live online course for nursery staff and childminders, providing practical information about nutrition and activity for young children and tools to manage behaviour for physical and emotional well-being

The course consists of 3 x 2-hour live sessions held over 3 weeks

Completion of this course contributes towards the Healthy Early Years London Award

*Starting Monday 14th June from 10-12pm*



### Providing a good start for young children

HENRY recognises that childcare settings play a vital role in providing a healthy start for young children and enables staff to:

- Adopt a consistent approach and model a healthy lifestyle to young children in their care
- Develop their knowledge about healthy meals, snacks and portion sizes for young children
- Understand the value of active play
- Manage behaviour and build self-esteem, so that children start school emotionally prepared and ready to learn



### The course is practical, reflective, fun - and effective

- HENRY training results in positive changes to policy and practice in early years settings - including age-appropriate portion sizes, healthy snacks and strengthened team working
- Practitioners continue to use the knowledge and skills gained many years after they've completed the HENRY training
- Practitioners make sustained personal changes to develop a healthier lifestyle

### Additional Course Start Dates

Tuesday, 29th June from 2-4pm

contact  
us to  
register!

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