 

**Parent pointers**

[**Resilience ideas: top tips for parents**](https://nasen.org.uk/resources/resilience-development-pack-top-tips-parents)

[**NHS Change for life healthy eating**](https://www.nhs.uk/change4life)

[**Physical activity: birth-five years**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829882/1-physical-activity-for-early-years-birth-to-5.pdf)

[**Help your child move and play every day**](file:///C%3A%5CUsers%5Crpainter%5CDownloads%5Cg611-help-your-child-move-and-play-nov-12.pdf)

[**Outdoor play ideas**](https://wordsforlife.org.uk/activities/activities-try-outside/)

Outdoor learning boosts confidence, social skills, communication, motivation, physical skills, knowledge and understanding. *National Literacy Trust*

World Health Day is the term for an annual day dedicated to promoting the benefits of good health and wellbeing worldwide. This year the focus is on building a fairer, healthier world.

[**World Health Organisation**](https://www.who.int/campaigns/world-health-day/)

[**Healthy eating in settings**](https://www.foundationyears.org.uk/files/2015/11/CFT-Early-Years-Promoting-Supporting-Healthy-Eating-FINAL.pdf)

[**Professional Development**](http://www.solgrid.org.uk/eyc/training/)

***See under Solihull Narrated Presentations***

**Staff wellbeing**

**Personal, Social and Emotional Development**

**Physical Development**

**WORLD HEALTH DAY**

[**NDNA Mindfulness at nursery**](https://www.ndna.org.uk/NDNA/Community/myNDNA/blog/2019/mindfulness_at_nursery.aspx)

[**Happiness box**](https://barrycarpentereducation.files.wordpress.com/2020/05/rationale-for-the-happiness-box.pdf)

[**BHF Early Movers**](https://czone.eastsussex.gov.uk/early-years/info-for-preschools/bhf-early-movers/)

[**Early Movers**](https://www.earlymovers.org.uk/)

[**Cbeebies Andy's Wild Workouts**](https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player)

**Consider:**

* Is the key person system prioritised across the setting? Do the key person and the child’s parents work in partnership to best support emotional wellbeing?
* Are there spaces, both indoors and out, where children can withdraw for comfort or quiet time?
* How much sedentary (low energy, sitting or reclining) behaviour do children experience during their time in the setting?
* How often do children experience opportunities that get them ‘out of puff’-moderate to vigorous intensity? [**Physical Activity Guidelines**](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/)
* Do children have a range of opportunities to engage with healthy eating, such as growing their own fruit and vegetables, exploring the ingredients before preparing them together, being involved in snack selections and developing menus?

[**Healthy eating and safe food preparation**](https://foundationyears.org.uk/2021/02/healthy-eating-and-safe-food-preparation/?utm_source=Foundation+Years&utm_campaign=e234f8cb1c-EMAIL_CAMPAIGN_2019_03_21_05_01_COPY_01&utm_medium=email&utm_term=0_8f9a6de061-e234f8cb1c-321626745&mc_cid=e234f8cb1c&mc_eid=ad55651a40)

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