



Healthy Active Little Ones (HALO) – Virtual Training offer for Early Years Settings



Course title	Dates	Course aims
Adult wellbeing	5 th May 2021 6-8pm	<ul style="list-style-type: none"> To enhance practitioners' knowledge of the importance of mental health and wellbeing. To share strategies to support your own personal wellbeing. To understand the importance, and develop strategies around supporting your team's wellbeing.
Oral health	27 th April 2021 – 6-8pm 16 th June 2021 6-8pm	<ul style="list-style-type: none"> To enhance the setting's knowledge of appropriate oral health practices. To provide the knowledge and tools for practitioners to support families with oral health.
Accident prevention	24 th March 2021- 6-8pm 8 th June 2021 6-8pm	<ul style="list-style-type: none"> To enhance early years practitioners' knowledge about accidents among children under 5 and the relationship between child development and injuries. To identify key safety messages for the principal hazards for children under 5. To support your conversations and interactions with the children in your setting about how to keep healthy and safe. To enhance practitioners' confidence on how to successfully engage with and inform parents/carers about accident prevention messages. To develop practitioners' understanding of the relationship between child development and injuries.
Extending physical activity	10 th May 2021 6-8pm	<ul style="list-style-type: none"> To support practitioners to extend their current physical activity provision and take steps to identify areas for improvement To support practitioners to understand the importance of physical activity in the early years. To share knowledge on physical activity and sedentary guidelines To explore the benefits of physical activity and active play on children's health and development.

		<ul style="list-style-type: none"> To identify means of communicating the benefits of physical activity and active play to parents/carers.
Physical activity - babies	18 th May 2021 6-8pm	<ul style="list-style-type: none"> Practitioners to become familiar with the physical and sedentary guidelines set for children under 2. To explore the importance of the different skills an under 2 should be encouraged to develop. To share and develop a bank of activity ideas to promote physical activity within a baby room.
Nursery menus	26 th May 2021 6-8pm	<ul style="list-style-type: none"> To develop knowledge of the latest updates in the Voluntary Food and Drink Guidelines for Early Years Settings – specifically the newly introduced desserts guidance. To apply the Voluntary Food and Drink Guidelines for Early Years Settings to menu planning for desserts. To support practitioners to recognise appropriate foods for children under the age of 5.
Promoting healthy foods to parents	29 th March 2021 – 6-8pm 31 st May 2021 6-8pm	<ul style="list-style-type: none"> To develop practitioners' knowledge of what a healthy lunch box consists of. To shed light on unhealthy lunchbox practices and provide facts to conquer myths. To develop and share healthy lunchbox ideas, To support practitioners to share this information with families. To develop practitioners' confidence to spread the skills, knowledge and confidence to cook from scratch. To support practitioners to develop the ability to plan a cooking course.
Emotional wellbeing	21 st April 2021 – 6-8pm 21 st June 2021 6-8pm	<ul style="list-style-type: none"> To develop practitioners' knowledge of what emotional wellbeing means for children. To explore different strategies to support children's emotional wellbeing. To explore available guidance and referral pathways. To develop a knowledge of how to assess wellbeing and identify concerns

<p>Infant feeding and Breastfeeding</p>	<p>(Subject to interest- please express interest in the session) – Next date pending</p>	<ul style="list-style-type: none"> • To provide practitioners with knowledge on the history and attitudes of breast feeding. • To explore the values of breastfeeding long and short term. • To enhance knowledge on safe storage, heating and handling of breast milk and formula milk. • To provide practitioners with the knowledge they need to support and advise parents. • To explore methods of introducing solid foods. • To explore responsive feeding values.
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Our virtual training courses are all FREE. Courses are hosted via Microsoft Teams, and will last 1.5-2 hours. This will include the opportunity for group interaction, discussion and questions.

During the current climate it is important to enable settings the opportunity to network and share ideas. We aim for our online training courses to be a platform to allow practitioners to be able to do this. We encourage all attendees to take part in discussion and ideas sharing to enable them to gain from these learning opportunities

It may be that we need to cap the number of attendees at training courses. You are advised of any limited spaces/capacity at time of booking. We are currently allowing spaces for two participants per setting; but should more than two practitioners from a setting wish to attend the same course, we can add them to a waiting list. If the course does not fill up, they can then be added extra participants.

If these initial course dates fill quickly, we will look at adding extra courses before March 2021.

Please contact your HALO Coordinator to book onto the courses. Orr email Healthyactivelittleones@eastsussex.gov.uk)

Finally, for those interested in gaining one of our HALO Recognition Awards; we have taken the decision to enable participation in virtual training to count as part of the award criteria. When government advice enables the delivery of face to face training the award criteria will revert back to face to face training. Our intention is to include virtual training as part of the award criteria. This is up until the end of March 2021 (This could be extended or shortened in light of updated government guidance/local circumstances)