



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



Course title	Dates	Course aims
Adult wellbeing	18 <sup>th</sup> October 2021 – 6-8pm (Online) 4 <sup>th</sup> May 2022 – 6-8pm (Online)	<ul style="list-style-type: none"> <li>To enhance practitioners' knowledge of the importance of mental health and wellbeing.</li> <li>To share strategies to support your own personal wellbeing.</li> <li>To understand the importance, and develop strategies around supporting your team's wellbeing.</li> </ul>
Oral health	28 <sup>th</sup> September 2021 6-8pm (Online) 8 <sup>th</sup> June 2022 10am-12 Hailsham CC	<ul style="list-style-type: none"> <li>To enhance the setting's knowledge of appropriate oral health practices.</li> <li>To provide the knowledge and tools for practitioners to support families with oral health.</li> </ul>
Accident prevention	14 <sup>th</sup> March 2022 10-12 Sidley CC July 2022 exact date and venue TBC	<ul style="list-style-type: none"> <li>To enhance early years practitioners' knowledge about accidents among children under 5 and the relationship between child development and injuries.</li> <li>To identify key safety messages for the principal hazards for children under 5.</li> <li>To support your conversations and interactions with the children in your setting about how to keep healthy and safe.</li> <li>To enhance practitioners' confidence on how to successfully engage with and inform parents/carers about accident prevention messages.</li> <li>To develop practitioners' understanding of the relationship between child development and injuries.</li> </ul>
Extending physical activity and physical activity with babies	24 <sup>th</sup> January 2022 – 10-2.30pm Sidley CC  6 <sup>th</sup> July 2022 – 10-2.30pm Hailsham CC	<ul style="list-style-type: none"> <li>To support practitioners to extend their current physical activity provision and take steps to identify areas for improvement</li> <li>To support practitioners to understand the importance of physical activity in the early years.</li> <li>To share knowledge on physical activity and sedentary guidelines</li> <li>To explore the benefits of physical activity and active play on children's health and development.</li> </ul>



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		<ul style="list-style-type: none"> <li>• To identify means of communicating the benefits of physical activity and active play to parents/carers Practitioners to become familiar with the physical and sedentary guidelines set for children under 2.</li> <li>• To explore the importance of the different skills under 2s should be encouraged to develop.</li> <li>• To share and develop a bank of activity ideas to promote physical activity within a baby room.</li> </ul>
Cooking with families, lunchboxes and nursery menus	21 <sup>st</sup> February 2022 10-2.30 Sidley CC	<ul style="list-style-type: none"> <li>• To develop practitioners' knowledge of what a healthy lunch box consists of.</li> <li>• To shed light on unhealthy lunchbox practices and provide facts to conquer myths.</li> <li>• To develop and share healthy lunchbox ideas,</li> <li>• To support practitioners to share this information with families.</li> <li>• To develop practitioners' confidence to spread the skills, knowledge and confidence to cook from scratch.</li> <li>• To support practitioners to develop the ability to plan a cooking course.</li> <li>• To develop knowledge of the latest updates in the Voluntary Food and Drink Guidelines for Early Years Settings – specifically the newly introduced desserts guidance.</li> <li>• To apply the Voluntary Food and Drink Guidelines for Early Years Settings to menu planning for desserts.</li> <li>• To support practitioners to recognise appropriate foods for children under the age of 5.</li> </ul>
Emotional wellbeing	9 <sup>th</sup> December 2021 6-8pm (Online) 20 <sup>th</sup> June 2022 6-8pm (Online)	<ul style="list-style-type: none"> <li>• To develop practitioners' knowledge of what emotional wellbeing means for children.</li> <li>• To explore different strategies to support children's emotional wellbeing.</li> <li>• To explore available guidance and referral pathways.</li> <li>• To develop a knowledge of how to assess wellbeing and identify concerns</li> </ul>

<p>Infant feeding and Breastfeeding</p>	<p>10<sup>th</sup> January 2022 6-8pm (Online) 26<sup>th</sup> April 2022 6-8pm (Online)</p>	<ul style="list-style-type: none"> <li>• To provide practitioners with knowledge on the history and attitudes of breast feeding.</li> <li>• To explore the values of breastfeeding long and short term.</li> <li>• To enhance knowledge on safe storage, heating and handling of breast milk and formula milk.</li> <li>• To provide practitioners with the knowledge they need to support and advise parents.</li> <li>• To explore methods of introducing solid foods.</li> <li>• To explore responsive feeding values.</li> </ul>
<p>Balanceability (Licence charge)</p>	<p>17<sup>th</sup> June 2022 10am – 4pm Eastbourne venue tbc</p>	<ul style="list-style-type: none"> <li>• To support settings to learn to use the balanceability scheme to support children in their settings to ride a balance bike.</li> <li>• To learn about the importance of riding a bike</li> <li>• To discuss the key physical development skills needed to ride a balance bike.</li> </ul>
<p>Speech and language</p>	<p>16<sup>th</sup> September 2021 6-8pm (Online) 17<sup>th</sup> March 2022 6-8pm (Online)</p>	<ul style="list-style-type: none"> <li>• To have a better understanding of Speech Language and Communication development and how to identify needs.</li> <li>• To have an awareness of the East Sussex Early Years Speech, Language and Communication Pathway tools.</li> </ul>
<p>Networks</p>	<p>28<sup>th</sup> April 2022 6-8pm Hailsham CC</p>	<ul style="list-style-type: none"> <li>• To network with other settings around communications with parents and take home bags.</li> </ul>

Our training courses are all FREE. Our online courses are hosted via Microsoft Teams, and will last 1.5-2 hours. This will include the opportunity for group interaction, discussion and questions. **It is now a requirement for delegates to leave their cameras on to ensure that they are engaging with the training.**

We are hoping to offer a blended offer from September so please check which type of course you are signing on to; format, time, venue.



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We may need to cap the number of attendees at training courses. You will be advised of any limited spaces/capacity at the 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.

Courses will **NOT** run with less than 10 attendees so please ensure you book your space early.

**Please contact your HALO Coordinator to book onto the courses or email [Healthyactivelittleones@eastsussex.gov.uk](mailto:Healthyactivelittleones@eastsussex.gov.uk)**