

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in the white space between these shapes.

Dragons Parents information for Health & Wellbeing

Health Early years.

Physical development every movement counts

- ▶ • It is important for your child to be physically active and to eat well. Children learn through their bodies. Every time they move, their brains build connections.
- ▶ • Young children need lots of physical activity to develop their balance, posture and coordination. These are the foundations that will help your child to be physically ready to sit still and concentrate.
- ▶ • Physical activity encourages the development of hand eye coordination for reading and writing.
- ▶ • When your child is active, they are learning about their bodies and what they can do. They are also learning about social rules and managing their feelings. ~# Insert 180 mins of exercise pdf picture for website
- ▶ https://soscn.org/downloads/resources/early_movers/Booklet_2_Introduction_to_physical_activity_in_the_early_years.pdf
Booklet_2_Introduction_to_physical_activity_in_the_early_years.pdf
- ▶ https://soscn.org/downloads/resources/early_movers/Booklet_5_Practical_ideas_for_physically_active_play.pdf Booklet_5_Practical_ideas_for_physically_active_play.pdf
- ▶ <https://www.nhs.uk/healthier-families/activities/10-minute-shake-up>
- ▶ /encanto/mirabel-guards-the-magic-candle

Communication Key to our wellbeing.

- ▶ Harvard Centre <https://developingchild.harvard.edu/resources/how-to-5-steps-for-brain-building-serve-and-return/>
- ▶ Video explaining how interactions build babies brains.
- ▶ Hungry Little Minds <https://hungrylittleminds.campaign.gov.uk>
- ▶ Simple, fun activities for kids, from new born to five.
- ▶ ICAN: Talking Point <https://ican.org.uk/i-cans-talking-point/parents/>
- ▶ For parents who are concerned about their child's development.
- ▶ Literacy Trust <https://wordsforlife.org.uk/activities/>
- ▶ Activities and videos.
- ▶ Love My Books <http://www.lovemybooks.co.uk>
- ▶ Newsletter, activities and videos.
- ▶ Mantralingua <https://uk.mantralingua.com>
- ▶ Bilingual books in 65 languages. 102
- ▶ https://www2.mattel.com/sites/mattel_mattelcom/files/
- ▶ Mattel (Laura Henry-Allain MBE & Emma Worrollo) 2020-7/Supporting_you_to_raise_antiracist_children2.pdf

Health tips and advice

- ▶ NHS - Children's Teeth <https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>
- ▶ Dental health advice.
- ▶ National Childbirth Trust support. <https://www.nct.org.ukParenting>
- ▶ <https://www.nhs.uk/live-well/healthy-body/taking-care-ofchildrens-teeth/>
- ▶ NHS Change 4 Life <https://www.nhs.uk/change4life>
- ▶ Easy ways to eat well and move more.
- ▶ Tiny Happy People <https://www.bbc.co.uk/tiny-happy-people>
- ▶ Child development advice, activities and videos.
- ▶ Unicef Parenting <https://www.unicef.org/parenting/>
- ▶ Child development advice, activities and videos 50 Things to do before you're five <https://www.50thingstodo.org/about/the>
- ▶ -app App: low/no-cost experiences.

Contact your local children's centre if you are not a harrow resident.



Get your free Healthy Start vitamins here

Use your Healthy Start prepaid card to collect:
Healthy Start vitamins

Vitamin drops for babies and young children suitable from birth to 4 years old

In Harrow, Healthy Start vitamins can be collected from:

- 1) Milmans Resource Centre, Grove Avenue, Pinner, HA5 5PF
Please call 020 3317 2555 to book your collection in advance
- 2) Cedars Children's Centre, Whittlesea Road, HA3 6LS
Please call 020 8736 8222 to book your collection in advance
- 3) Kenmore Park Children's Centre, Warneford Road, HA3 9HZ
Please call 020 8416 8400 to book your collection in advance



www.healthystart.nhs.uk
@NHSHealthyStart

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Parents home learning

- ▶ The term 'home learning' is generally used in nurseries by nursery staff to describe any
- ▶ type of learning that takes place in the home between the child and their family
- ▶ members, including grandparents and aunts and uncles.
- ▶ If your child attends a nursery, the staff there will work with you to find out about your
- ▶ child's interests. Research shows that a stimulating home environment is linked to long
- ▶ term gains in children's development. When nurseries and parents work together
- ▶ effectively, research has shown that this can benefit children's learning and development
- ▶ the most. These benefits include improved language development and early reading
- ▶ skills, as well as supporting them in gaining the skills so they are ready for school.

Did you know...?

- ▶ **Did you know...?**
- ▶ At birth, your baby's brain is only a quarter formed but by the time your child reaches the
- ▶ age of three their brain will have developed from 25% to 80%?
- ▶ This shows how crucial the early years are as the brain develops more in this time than at any other time in their life.
- ▶ A strong attachment between you and your child with lots of love, touch and cuddles all help the
- ▶ development of the brain. A child who has that special emotional relationship that involves an
- ▶ exchange of comfort and care in early childhood has an important influence on development and
- ▶ behaviour in later life.
- ▶ From birth, information travels to the brain via five senses: sight, sound, touch, smell and taste.

Attachment supports learning

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- ▶ behaviour in later life.
- ▶ From birth, information travels to the brain via five senses: sight, sound, touch, smell and taste.
- ▶ Enhancing and supporting these in babies and young children is essential for children to learn and develop

A healthy balanced diet

- ▶ A healthy balanced diet and regular activity are essential for children's health and well-being, when a child receives this they are ready to learn and able to reach their full potential.
- ▶ In recent years there has been an increase in the number of children diagnosed as being
- ▶ overweight, obese, having poor dental health, cases of rickets, type two diabetes and at risk of iron
- ▶ deficiency.
- ▶ Providing a healthy balanced diet with a range of nutrients helps children to grow and develop. This
- ▶ means ensuring they have a range of starchy foods such as potatoes, at least five portions of fruit
- ▶ and vegetables a day, meat, fish, eggs, beans and other sources of protein, milk and dairy foods.
- ▶ Avoid giving too much salt and sugar as salt can give them the taste for salty foods and can cause
- ▶ serious health problems in later life. Often foods that contain too much sugar fill children up
- ▶ without providing any nutrients, this can also lead to tooth decay.

Sharing books with babies and young children is so important

- ▶ Sharing books not only helps their learning and development but also stimulates your relationship
- ▶ as you sit or snuggle together whilst sharing a book. You don't always have to read the book word
- ▶ for word, sometimes you can make up the story or just talk about the pictures. It is the activity of
- ▶ looking at books together that is the most important element so that your child begins to develop a love of books, know that print carries meaning and that we turn the pages one by one.
- ▶ They will also begin to recognise some familiar words and associate pictures with vocabulary.
- ▶ Babies and young children will enjoy the quality time with you and hearing your voice reassures
- ▶ them that you are there. Sharing books supports your child's language development and introduces
- ▶ them to new vocabulary. Older children will begin to recognise some familiar words and learn that
- ▶ print carries meaning. Talking about the author, illustrator, front page and back page can be
- ▶ introduced as children become older, to develop their understanding further.

If your child has a favourite book or story you could extend it in several ways, including:

- ▶ • Singing the story
- ▶ • Listening to the story on a CD
- ▶ • Acting out the story with your child or using puppets of the key characters
- ▶ • Drawing (or scribbling, which will still mean something to your child and is the early stage of
- ▶ writing) pictures from the book or writing a letter to the characters. This will encourage your
- ▶ child's early writing skills
- ▶ • Extending the story, ask your child what else might happen to the characters encouraging
- ▶ your child's imagination skills.

Further information

- ▶ BBC Bitesize: <https://bbc.in/3ixi5on>
- ▶ • NHS Live Well Eat: <https://bit.ly/3qAS0t1>
- ▶ • Baby Centre: <https://bit.ly/3lawB6W>
- ▶ • Literacy Trust : <https://bit.ly/3AbkcUK>