



## Children and Families Health and Well-Being Policy

### Policy statement

Home from Home Childcarers recognises that children's health is an integral part of their emotional, mental, social, environmental, and spiritual well-being and is supported by attention to these aspects.

At Home from Home Childcarers, we promote health, safety and well-being through our practices, policies, and procedures. We endeavour to minimise hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. Safeguarding children from harm is a shared responsibility by everyone within the setting.

### Procedures

#### ***Well-Being***

*“Well-being is a particular state or feeling that can be recognized by satisfaction, enjoyment and pleasure. The person is relaxed and expresses inner rest, feels the energy flow, and radiates vitality, is open to the surroundings, accessible and flexible.”* Professor Ferre Laevers

#### ***Why is Well-Being important?***

Well-being relates to our basic needs as human beings. These are:

- Physical needs (need to eat, drink, move and sleep)
- The need for affection, warmth and tenderness (being hugged, receiving and giving love and emotional warmth)
- The need for safety, clarity and continuity (knowing the rules, being able to predict what comes next, counting on others)
- The need for recognition and affirmation (feeling accepted and appreciated by others, being part of a group and having a sense of belonging)
- The need to feel capable (feeling that you are good at something, to experience success)

Intellectual development and social and emotional development are strongly influenced by a child's experiences during the early years.

Emotional well-being includes being happy and confident and not anxious or depressed. Social well-being allows children to make good relationships.

As part of our ongoing observation, assessment and planning cycle your child's key person will be monitoring their well-being and involvement, and planning activities to support the children in this area. We record children's well-being and involvement as part of our focus observations. These are collated in the child's on-line learning journal on Baby's Days, you can view this at any time and add to it if you wish.

Early years practitioners should identify factors that may pose a risk to a child's social and emotional well-being as part of the on-going assessment of their development. This could include:

- A child being withdrawn
- A child being unresponsive
- Children showing signs of a behavioural problem
- Delayed speech or poor communication and language skills

Practitioners understand children's emotional health needs and have the time and skills to develop nurturing relationships.

### ***Benefits to Children and Families***

- Children who are more engaged with learning
- Parents who are more engaged with the nursery and more in tune with their child's learning and development
- High morale within the setting
- Good relationships developed between staff, parents and children.
- The good emotional health of the children

### ***Physical Well-Being***

All children are different and develop in individual ways and at varying rates. Every area of development -physical, cognitive, linguistic, spiritual, social, and emotional, is equally important. Staff are aware of the different stages of child development and how the effects of diet, exercise, environment, sleep, and emotions can all affect their development. Home from Home Childcarers provides a safe, secure, stimulating, supportive environment for all children and do not discriminate against any child or their family on the basis of protected characteristics as defined by the Equalities Act 2010. The importance of hygiene is promoted, and children are supported, where possible, to maintain their own hygiene by washing hands and covering mouths to reduce spreading germs to others.

## ***Healthy Eating***

Children need a balanced diet that contains foods from all the essential food groups to thrive and grow. Our setting regards snack times as an important part of the settings day. Eating represents a social time for children and adults and allows the children to learn about healthy eating. We promote healthy eating using resources and learning about healthy foods and practices through a wide range of activities. At snack time, we aim to provide good quality nutritious food that meets the children's individual dietary needs. We follow these procedures to promote healthy eating in our setting:

- We record information about each child's dietary needs on their registration form and parents sign this to signify it is correct.
- We regularly consult with parents to check the information is correct and current, any amendments are made and signed by the parents.
- We provide nutritious foods for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a wide variety of foods from the main food groups in our snack time.
- Fresh drinking water is available throughout the session for children to pour themselves or by an adult should they require it. We promote the importance of hydration especially in the warmer weather.
- Semi-skimmed milk and water is available at snack time.
- We have visits from the community dentist to support us on the importance of healthy eating for the pre-school children
- We promote healthy eating and children's understanding of the importance of a balanced diet through a variety of practical activities and discussions. Stories and resources enable us to reinforce this on a daily basis.
- We support parents by giving advice if required and attending dietician appointments as and when requested by the parents.
- All staff receive training and refreshers to ensure we are providing a healthy food environment.
- All kitchen staff are trained in food hygiene
- The children wash their hands prior to having their snack/lunch to promote hygiene ensuring hands are clean and safe from germs.
- We plan activities that encourage healthy food choices and the role food plays in maintaining health.
- We promote healthy eating and are positive role models so the children will follow and continue to make healthy choices in the future.

## ***Exercise***

Our setting is aware of the importance of exercise and the benefits it has to the child as a whole. We recognise not only the benefits it has on their health, but it also promotes stamina, endurance and allows an opportunity to socialise with their peers.

- We provide a range of opportunities to take part in physical exercise throughout the day.
- We encourage the children to move in a variety of ways to develop co-ordination, balance and gross motor skills.
- We encourage and support children until they feel confident to try activities without adult support.
- We discuss and promote the importance of exercise and the impact and effects it has on their bodies, and the importance of rest.
- Staff promote exercise by participating and taking the lead for children to follow.
- We access the outside play area daily and promote the importance of physical activity and the stimulation exploring the outdoor environment can provide.

## ***Supporting Parents and Families***

At Home from Home Childcarers we understand and recognise that sometimes it is not just the children in our setting that require support but also their wider family. Therefore, we have 2 dedicated Health and Well-Being Officers:

- Linda Reynolds
- Chrissie Morley

Our Health and Well-Being officers are here to support children and families, they can offer support and even attend support meetings when requested. All the staff in the setting are here to support children and their families by:

- Supporting parents and families by offering advice on areas of concern
- Provide emotional support to those that are emotionally vulnerable and experiencing difficulties such as separation, financial concerns and housing problems, domestic violence and bereavement
- Attending appointments with parents
- Liaise with the settings Healthy Family Support Worker and local services in order to provide information and support required.
- Inform parents where they can access medical treatment, dentist, and health centre if just moved to the area.
- Provide information both verbally and in written format, in different languages/different sized texts as required and go through it to ensure understanding- upon request

- Providing information on healthy practices such as immunisation and advice on health matters such as chicken pox and head lice.
- Ensure parents are aware of the settings policies and procedures including those relating to safeguarding, equal opportunities/inclusion and health and hygiene. Policies are always available for parents to access.
- Support children and families when there is a change in their routine, or they start potty training/move rooms etc.

### ***Emotional Well-being***

- Staff are made aware during induction to the setting of all the settings policies and procedures and ensure they are followed.
- Children's individual needs and requirements are met, and their feelings accepted and respected. Friendships and team building are encouraged and promoted through daily activities.
- The settings policy on Promoting Positive Behaviour ensures that children can feel safe and secure as negative attitudes and bullying, although rare, are dealt with promptly and effectively.
- Children gain a sense of well-being when they are encouraged to take responsibility and join in with activities that interest them.
- The child has a key person, where possible we allow the child time to settle into their room and see who they naturally develop a strong relationship with, before allocating them a key person.
- Staff receive training and guidance to ensure they are confident promoting and supporting well-being.
- We provide a supportive network to respond to sensitive issues involving staff, children and adults.
- We ensure staff receive support in professional development, supported through the settings policies and procedures such as health and safety and grievance procedures.

### ***Risk Assessment/Safety***

We endeavour to minimise hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. We are aware of the importance of a clean and safe environment. Our risk assessment process covers adults and children and includes:

- Checking risks/hazards inside and outside.
- Checking activities and procedures for children and adults.
- Understanding what areas need attention.

- Develop an action plan, who will be responsible for actions and when actions will be completed.
- Risk assessment checks are carried out on a weekly basis, as well as daily safety checks.
- Medicines and cleaning materials are kept out of children's access. All cleaning products/chemicals are kept in original containers and Control of Substances Hazardous to Health (COSHH) Regulations records kept in case somebody has a reaction to them or is hurt by them.
- Our setting follows the guidelines of the Reporting Injuries, Diseases and Dangerous Occurrences (RIDDOR) for the reporting of accidents and incidents. Safeguarding issues and behavioural incidents between children are not regarded as incidents and separate policies cover these areas.
- The settings Safeguarding/child protection policies and procedures are always adhered to and are always available for parents to access.
- The settings Health and Safety policies and procedures are always adhered to and are always available for parents to access.
- Staff are aware of fire drill procedures. Fire drills are practised twice a term and children are taught the importance of this.
- Our setting is strictly a no smoking zone. We offer advice on the effects smoking can have and support parents who are giving up smoking or want advice on where to access help to stop.

## **Legal Framework**

- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR 1995)
- Health and Safety at Work Act (1974)
- Management of Health and Safety at Work Regulations (1992)
- Control of Substances Hazardous to Health Regulations (COSHH) (2002)
- Protection of Children Act (2004)
- The Data Protection Act (GDPR 2018)
- Children Act (1989) & (2004)
- Working together to Safeguard Children 2018
- Human Rights Act (1998)
- Equality Act 2010
- SEND Code of Practice 2015
- Children & Families Act 2014

## **Further Guidance**

- **Emotional Wellbeing & Mental Health Service for Southend, Essex and Thurrock**

<https://www.nelft.nhs.uk/services-ewmhs>

To self-refer for support email: [NELFT-EWMHS.referrals@nhs.net](mailto:NELFT-EWMHS.referrals@nhs.net)

- **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm) Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

- **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder. Website:

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

- **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight). Website: [www.thecalmzone.net](http://www.thecalmzone.net)

- **Men's Health Forum**

24/7 stress support for men by text, chat and email. Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

- **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities. Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

- **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm). Website: [www.mind.org.uk](http://www.mind.org.uk)

- **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge. Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

- **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

- **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm) Website: [www.ocduk.org](http://www.ocduk.org)

- **PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

- **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm) Website: [www.rethink.org](http://www.rethink.org)

- **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline). Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

- **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

- **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

- **NSPCC**

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

- **Refuge**

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline) Website: [www.refuge.org.uk](http://www.refuge.org.uk)

- **Alcoholics Anonymous**

Phone: 0800 917 7650 (24-hour helpline) Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

- **National Gambling Helpline**

Phone: 0808 8020 133 (daily, 8am to midnight) Website: [www.begambleaware.org](http://www.begambleaware.org)

- **Narcotics Anonymous**

Phone: 0300 999 1212 (daily, 10am to midnight) Website: [www.ukna.org](http://www.ukna.org)

- **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

- **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: [www.cruse.org.uk](http://www.cruse.org.uk)

- **Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm) Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

- **Victim Support**

Phone: 0808 168 9111 (24-hour helpline) Website: [www.victimsupport.org](http://www.victimsupport.org)

- **Beat**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

- **Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm) Website: [www.mencap.org.uk](http://www.mencap.org.uk)

- **Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm) Website: [www.familylives.org.uk](http://www.familylives.org.uk)

- **Relate**

The UK's largest provider of relationship support. Website: [www.relate.org.uk](http://www.relate.org.uk)

	<b>Date:</b>	<b>By Whom?</b>	<b>Comments</b>
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