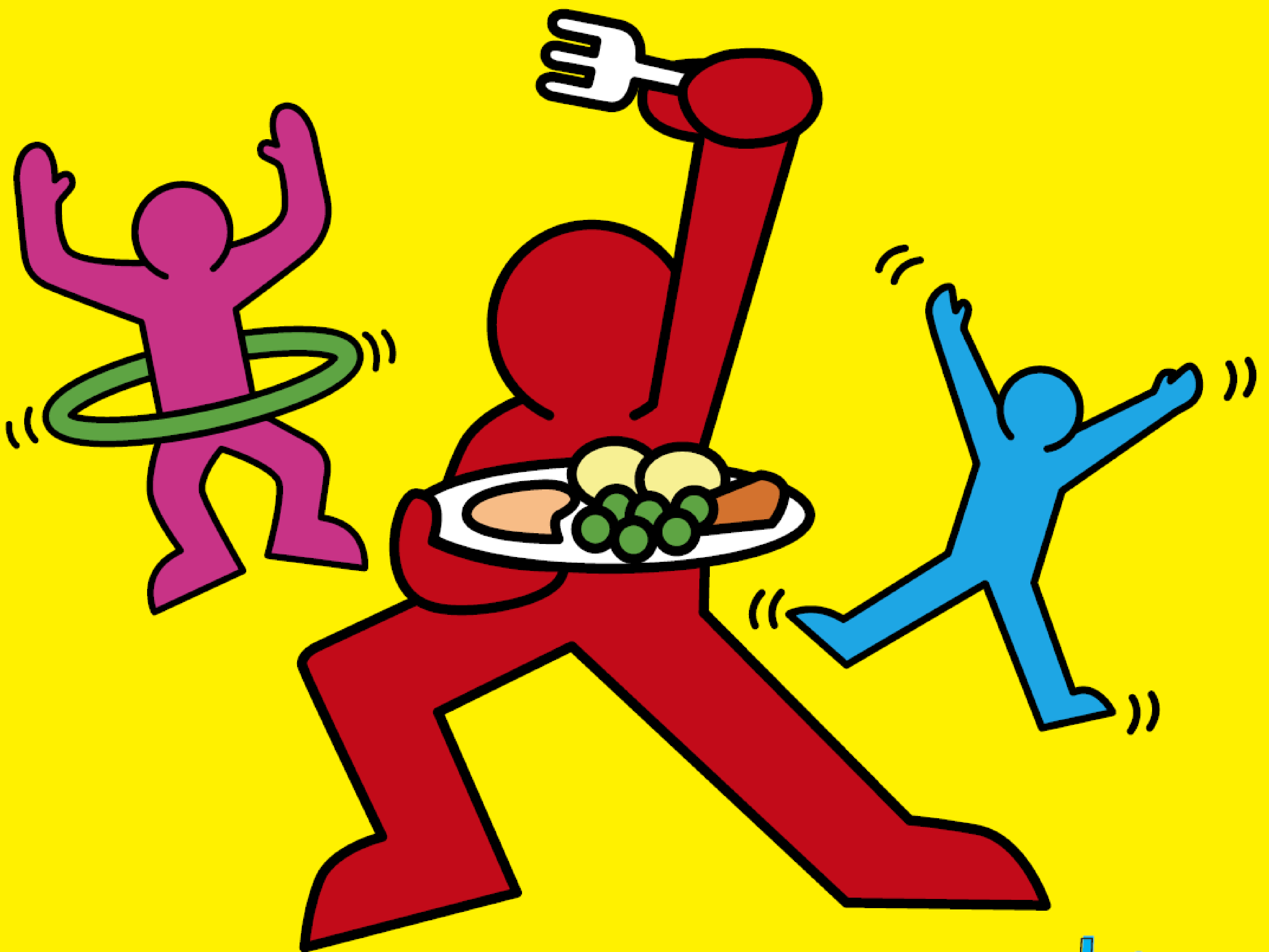


Eat well and move more with Change4Life



change
4 life



Breastfeeding

In the UK, exclusive breastfeeding is recommended for around the **first six months** of an infant's life with continued breastfeeding throughout the first year

If an infant is not exclusively breastfed, infant formula suitable from birth (first stage milk) is the appropriate addition/alternative to breastmilk for infants in the first year of life

At around six months of age, most infants are developmentally ready for the addition of solid foods alongside breastmilk (or first stage infant formula)

When providing food for infants, it is important that settings work closely with families to ensure a consistent approach; it is important that early years settings support breastfeeding mothers, and encourage them to continue providing breastmilk for their infant while attending the setting

Solid Food

The first aim of introducing solids is to familiarise infants with new tastes and textures and get them used to moving foods around their mouths and swallowing them

Did you know? Providing finger foods as part of each meal helps to encourage infants to feed themselves, develop hand and eye co-ordination and learn to bite off, chew and swallow pieces of soft food

This should be encouraged for infants after 6 months, whereas each meal should include a finger food for infants around 10-12 months

Infants 6 months and above should be gradually offered three meals a day (breakfast, lunch and tea), in addition to their breastmilk (or first stage infant formula) feeds. Infants of this age should still be breastfed/bottle-fed responsively to meet their individual needs

Consider that as infants become more confident eaters, food can be offered as mashed food with increasing texture and soft lumps. Providing finger foods as part of each meal helps to encourage infants to feed themselves, develop hand and eye co-ordination and learn to bite off, chew and swallow pieces of soft food

Introduction to solid foods from 6 months can be provided mashed or as a finger food:

Consider soft cooked vegetables such as parsnip, butternut squash, carrot, broccoli, cauliflower

meat such as chicken, lamb

fruit (soft, or cooked without adding sugar) such as apple, pear, peach, melon, banana

pulses such as peas, beans and lentils

starchy foods such as potato, sweet potato, pasta, noodles, chapatti, rice

fish without bones

dairy products made from whole milk, such as unsweetened yoghurt, fromage frais, custard

hard-boiled eggs

It is important to remember that there are some foods which should not be given before six months of age*

Avoid cows' milk in food

nuts, peanuts and peanut products

seeds

eggs

foods containing wheat or gluten (for example bread, pasta)

fish and shellfish

*If food is given before six months it is important to limit intake to pureed fruit and vegetables

For more information on introduction to solid foods, follow this link: [Moving onto solid foods](#)

For support locally, Blackburn with Darwen Health visiting and Children's Centre services are fully UNICEF Baby Friendly Initiative accredited. The Baby Friendly Initiative standards are a roadmap to improve care, embedding skills, knowledge and confidence for all staff

Local maternity services have been fully accredited for twenty years and are now proud to have achieved the first **UNICEF GOLD** 'achieving sustainability' award, embedding high quality care in the long term

Supporting breastfeeding is just one element of the Baby Friendly Initiative standards and there are aims to support local families to breastfeed as long as possible. Breastfeeding is a major contributor to public health and has an important role to play in reducing health inequalities. As such, Breastfeeding Friendly Borough status is something we want to feel proud of locally



For more information checkout:

[ELHT Infant feeding](#)

[PHE Example menus for early years settings in England](#)

[Eat Better, Start Better](#)

[Start 4 Life](#)

[Change 4 Life](#)

[Caroline Walker Trust](#)

Remember, as well as helping ensure that infant's nutritional needs are met, mealtimes provide an opportunity to support infants to eat well and develop healthy eating habits for the future

This includes social interaction (i.e., eating together and avoid screen usage at the same time as eating), allowing mess and exploration of food and textures.

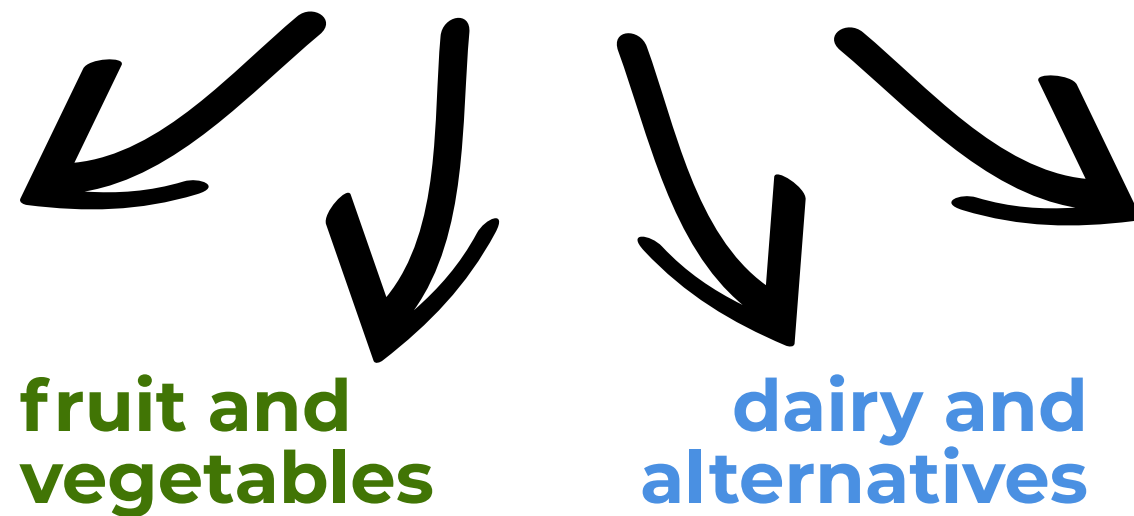
Remember infants may not like new foods the first time they are offered and it may take a number of attempts for an infant to accept a new food, it's also important to allow mess to avoid fussy eaters and food aversions later on.



Children aged one to four years:

A healthy balanced diet for children aged from one to four years is based on the four food groups listed below, which provide a range of essential nutrients that children need to grow and develop:

potatoes, bread, rice, pasta and other starchy carbohydrates



beans, pulses, fish, eggs, meat and other proteins

Remember, young children are growing quickly and have high energy and nutrient requirements for their size. They also eat smaller amounts of food than older children and adults, so it is important for them to eat regular meals and snacks that contain sufficient energy and nutrients to meet their needs

It is important that the food and drink provided for children aged one to four years is balanced across each day and the children eat regularly, with breakfast, lunch, tea and two or three snacks provided daily, either within an early years setting or at home. The following proportions for daily energy consumption may be suggested:

breakfast 20%	mid-morning snack 10%
lunch 30%	mid-afternoon snack 10%
tea 20%	

This leaves 10% for an additional drink or snack at home (or in the setting if children are attending for extended hours)

Children aged one to four years should be given a daily supplement containing 10µg of vitamin D*. The government also recommends that children aged from six months to five years are given daily vitamin supplements containing vitamins A (233µg) and C (20mg)

*Families in Blackburn with Darwen and East Lancashire are encouraged to start vitamin D supplementation much earlier. Please ask / refer to health visiting teams for further guidance

Did you know? Families who qualify for the Healthy Start scheme are eligible to receive free vitamin drops for children from six months until their fourth birthday, as well as free vitamin supplements for pregnant women and women with a child under 12 months. Food vouchers are also available under the Healthy Start scheme that can be used to purchase plain cows' milk, plain fresh or frozen fruit and vegetables, or for infants, first infant formula

Young children need fat in their diet to ensure they get enough energy. However, if they eat too much fat, they may consume more energy than they need, and may gain excess weight

To establish good eating habits, make sure the food and drink provided for children is not high in saturated fat, sugar and salt. Foods that are high in fat, sugar and salt are unlikely to provide the balance of energy and nutrients that young children need and including them in the diets of very young children may contribute to them becoming overweight and having a poor nutrient intake

How to encourage children to eat well? Consider developing a food policy and putting it into practice

A food policy could include, for example, information on your approach to **the food and drink you provide for meals, snacks and drinks; the eating environment and social aspects of meal times; rewards, celebrations and special events and birthdays; how you manage fussy eating; and, learning about food**

More information can be found in Children's Food Trust (2015) Promoting and supporting healthy eating: A guide for early years settings in England and a template food policy for early years settings can be accessed via the Children's Food Trust early years website

For even more information checkout:

PHE's Example menus for early years settings in England

Eat Better, Start Better

Did you know? All local Children's Centres and Health Visitors are able to supply Healthy Start vitamins. If a family you support might be entitled to access the Healthy Start vitamins please encourage them to contact their local Children's Centre or Health Visitor. For more information checkout: **Healthy Start**

Did you know? Blackburn with Darwen has some of the worst statistics nationally for the number of children with decayed, filled or missing teeth; Early Childhood Caries – an aggressive form of decay associated with long term use of bottles with sugar sweetened drinks in them – are treble the national rate! Using the available guidance, parents can be supported in reducing the consumption of sugar and sugary treats to address poor dental health and to share information on good dental health

Encouraging parents to be registered with a dentist and attending for regular check-ups with their children will result in fewer extractions and reduced speech and language difficulties. Linking up with local health promoting dentists and taking part in the annual **National Smile Month** will help to raise awareness of good dental health – an agenda which Health Visitors can support

Did you know? In conjunction with Blackburn with Darwen Public Health, the Council's Public Protection team runs the Recipe 4 Health initiative. The aim of this is to help develop healthy eating patterns from an early age, helping expose children to food and eating patterns which promote good health and positive attitude to good nutrition

Recipe 4 Health has 3 levels of awards; bronze, silver and gold, and at each level businesses have to show that they are compliant with food safety, food standards, licensing and age restricted sales legislation and have an awareness of healthy eating, environmental issues, allergens and alcohol issues. For more information, contact the Public Protection Service: **publicprotection@blackburn.gov.uk**

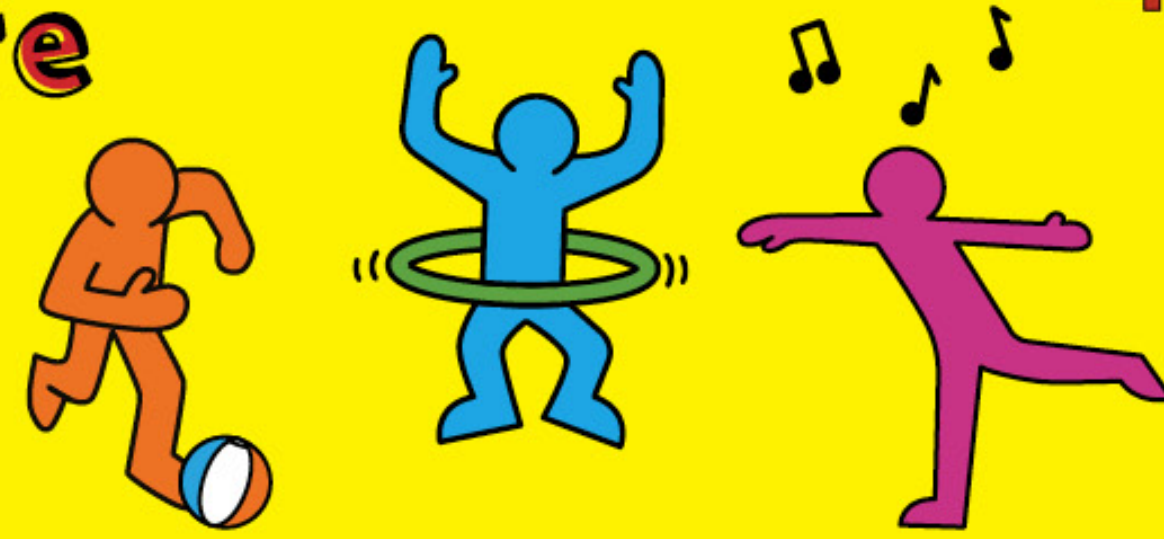
Remember, many families in the UK today are unable to access or afford sufficient food to make up a healthy, nutritious diet. Faced with a range of barriers, these families face a daily struggle against food poverty and hunger

It's shown that a significantly higher number of children in Blackburn with Darwen are living in poverty when compared to regional and national averages. Early years providers can help to shift the landscape of poverty and food by engaging with families and the community, for example providing a Nursery Farmers Market, increasing access to good food, encouraging food growing and considering providing cooking programmes for families to engage in with their children

If you'd like to be involved in Blackburn with Darwen's Food Alliance to reduce food poverty, contact: **gillian.beeley@together-lancashire.org.uk**

Move more with Change4Life

change
4Life



Though the evidence base for early years is relatively new, research supports the conclusion that regular physical activity during the early years provides immediate and long-term benefits for physical and psychological well-being. As such, the following **guidelines** are suggested...

- 1 Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments
- 2 Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day
- 3 All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping)

Letting children **crawl, play** and **roll** around on the floor in the home or childcare setting is essential during the early years, particularly for children who cannot yet walk

Higher levels of activity in childhood lead to more sustained participation in physical activity in later years. Thus it is important to establish a high level of activity at the earliest age in order to **encourage** activity patterns in childhood that are sufficient to benefit health

Evidence suggests that prolonged periods of sedentary behaviour are an independent **risk factor** for poor health and associated with overweight and obesity as well as lower cognitive development



For infants who are not yet walking, physical activity refers to movement of any intensity and may include:

'Tummy time' -- this includes any time spent on the stomach including rolling and playing on the floor

Reaching for and grasping objects, pulling, pushing and playing with other people

'Parent and baby' swim sessions

Did you know? Minimising sedentary behaviour includes reducing time spent in infant carriers or seats, time spent in walking aids or baby bouncers (these limit free movement) and time spent in front of TV or other screens

Most UK pre-school children spend 120-150 minutes a day in physical activity. Though achieving another 30-60 minutes per day is likely to occur through unstructured active play it may also include more structured activities:

Activities which involve movements of all the major muscle groups, i.e. the legs, buttocks, shoulders and arms, and movement of the trunk from one to another

Energetic play, e.g. climbing frame or riding a bike
&
More energetic bouts of activity, e.g. running and chasing games

Walking / skipping to shops, a friend's home, a park or to and from a school

Remember, adults might contribute some structure or formality or facilitate play by providing enabling environments within which young children play more constructively and generate their own physically active games and play – for example, a designated play area with a range of equipment and challenges. Adult-led play (facilitating, prompting, stimulating or focusing) as well as more structured activities such as dancing and gymnastic-type movement or water-based activities such as learning to swim can make a significant contribution to the overall volume or daily physical activity

re:refresh Blackburn with Darwen offers a range of information and wellbeing services. A series of books from the British Heart Foundation are available for nursery workers and childminders who work with children under five-years-old

The re:refresh team can be contacted via email refresh@blackburn.gov.uk and more information is available via Facebook

Did you know? HENRY Healthy families programme is an eight week intervention that offers parents a chance to share ideas and gain new skills and tools to address lifestyle issues in a supportive and fun environment.

The HENRY Healthy families programme adopts a holistic approach and focuses on five research-identified risk factors for childhood obesity:

1. Parenting confidence
2. Family lifestyle habits
3. Emotional wellbeing
4. Nutrition
5. Physical activity

Blackburn with Darwen children centres deliver HENRY in the local community. For more information, contact: childrenscentreservices@blackburn.gov.uk

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



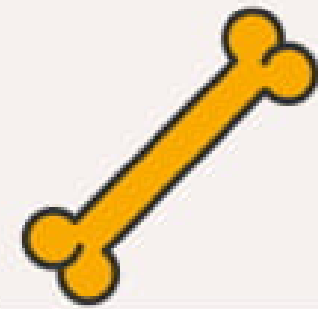
MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP

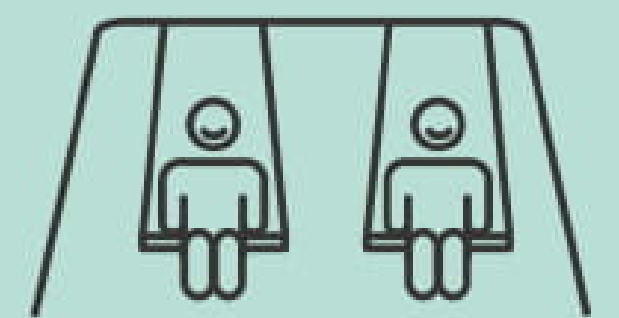


DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

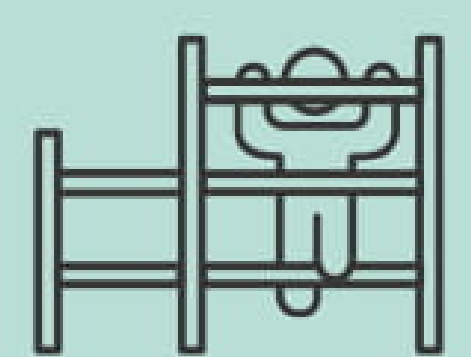
Every movement counts



PLAYGROUND



JUMP



CLIMB



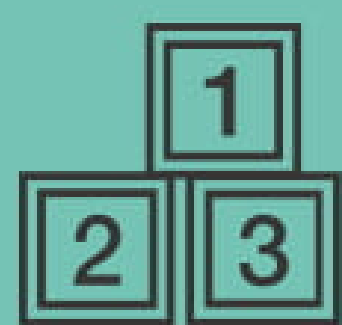
MESSY PLAY



THROW/CATCH



SKIP



OBJECT PLAY



DANCE



GAMES



PLAY



TUMMY TIME



SWIM



WALK



SCOOT



BIKE

Move more. Sit less. Play together

Blackburn with Darwen Borough Council is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/changelife or call 0300 123 4567 for more information.