



Start Well Sheffield

Let's make a healthy start

Autumn Term 2023

Healthy Early Years Status — Director of Public Health Award

Congratulations to our Sheffield settings that have worked hard to achieve the Director of Public Health Award. The following settings have shown their commitment to the HEY award and have been successful in achieving Healthy Early Years Status. Some settings have achieved this for the first time and others have gained their re-accreditation status through continuous dedication towards this quality assurance

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|------------------------|--------------------------------|------------------------|
| ◆ Abbeydale Cottage | ◆ Just for Kids– Heeley | ◆ Tinsley Meadows |
| ◆ Bright Beginners | ◆ Kidz at work | ◆ Wharncliffe Side |
| ◆ Broomhall Under 3's | ◆ Little Rascals | ◆ Whiteways Primary |
| ◆ Chantrey House | ◆ Loxley Nursery Forest school | ◆ Woodlands Pre-school |
| ◆ City College Nursery | ◆ Norfolk Community Nursery | |
| ◆ Croft Corner Nursery | ◆ Stannington Infants | |
| ◆ Grace Owen Nursery | ◆ Steps Community Nursery | |
| ◆ Hallam Nursery | ◆ Students Union Nursery | |
| ◆ Happy Hands Nursery | ◆ Sunny Meadows | |
| ◆ Holt House | | |
| ◆ Intake Pre-school | | |



Notable Dates:

7th Nov 24: Outdoor classroom day

13th Nov: World kindness day

11th-15th Nov: Nursery rhyme week

11th-15th Nov: Anti-Bullying week, odd socks day-12th Nov

17th-23rd Nov: Road safety awareness week

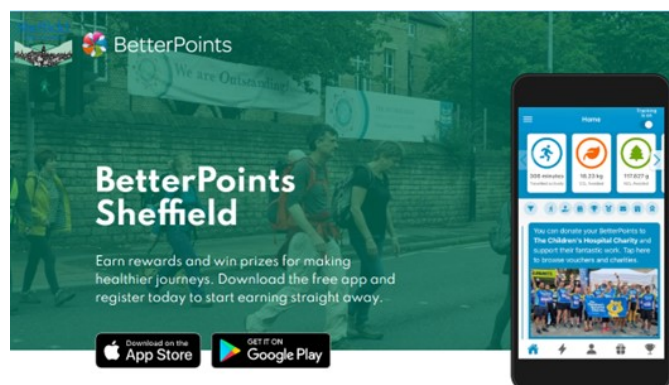
18th-24th Nov: Sugar awareness week

3rd Dec: International day of people with disabilities

12th Dec Christmas Jumper day

Have you got the BetterPoints app yet?

BetterPoints is a free app which allows you to turn your steps, cycle rides, bus trips and more, into shopping vouchers or donations to local charities. The BetterPoints Sheffield scheme aims to encourage residents across the city to choose active travel to get around wherever and whenever possible, taking cars off the road in the city, reducing congestion and emissions, while helping to promote a healthier lifestyle.



To join in, download the free **BetterPointsSheffield** app and use it to record journeys made on foot, by bike, in a wheelchair, or by bus, tram or train.

Sleep ...

Sleep is essential for our emotional and mental wellbeing and overall physical health. It helps to boost our immune system and allows the body and mind to re-charge, leaving us refreshed and alert for the next day. Yet for some of us sleep can be challenging part of everyday life. Are you struggling to get children back into a good routine after the school holidays? Or do you feel you want to change some aspects of how your children go to bed? If you would like some support starting a new routine or changing what you have We have different ways to help...

Successful Sleepers Workshop – The Community Early Years Practitioners offer a one off workshop where we share some useful hints, tips and strategies to promote positive sleep routines.. These are rolled out termly, check out the Sheffield Directory Start Well page, for more details.

Start Well Advice Phonenumber: every Friday morning 9 – 11am. 0114 2057241 call for sleep related or any other questions you may have– see the full poster on the back page.

Sleep workshops:

- Friday 25th October 10-11.30am
 - Tuesday 28th January 10-11.30 am
 - Friday 14th March 1.15-2.45 pm
- Book via the Sheffield Directory– Start Well pages



Pre-school boosters and immunisations



As schools return, we're supporting our NHS colleagues with their school age immunisation service – find out more about drop in clinics by scanning the QR code.



The website also has some helpful tips for parents to help children feel more relaxed when attending medical appointments. As well as information that explains why Immunisations are safe and important.

Also a reminder of the main Flu season coming and we have new cases of whooping cough in Sheffield– speak to a health professional or look on the NHS website.



For a full list of immunisations/vaccines including the flu nasal spray - and when to have them– scan the QR code

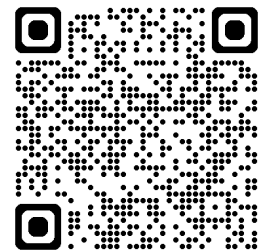


Start the term off with a Healthy Packed Lunch

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn. So it is important to send your child to nursery/school with food that they will enjoy as well as being nutritious.

Things to think about when putting together a packed lunch:

- Is anything a choking risk: for example, pieces of sausage, jelly cubes, chunks of apple, whole cherry tomatoes, popcorn or whole grapes? Make sure foods are cut into smaller pieces or long and thin strips.
- Is there a fork or spoon for items that are hard to eat with your fingers?
- Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them a choice of two options within the food groups.
- Is there a variety of small amounts of different foods that will tempt small appetites?
- Have children tried the foods at home first so the foods will be familiar to them when they open the lunch box?
- **Remember:** The Healthy Start scheme can help towards the cost of your weekly shopping scan the code to see if you can benefit too.



At Start Well Sheffield, we are passionate about helping Sheffield families give their babies and young children the best start in life.



We now have an extensive offer of face to face programmes, advice drop in sessions alongside a range of online workshops and our new advice telephone service.

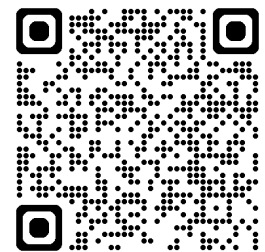
Information and booking details can all be found on the new easy to navigate Sheffield Directory Pages

The Start Well Pages also have an online booking system so you can now reserve your place with just a few clicks.

ALL our offer is free to access.

Scan the QR Code to find out more.

The Sheffield Directory also holds all the Family Hubs event information too, definitely worth making a cuppa and having a look through to see what is available in your local area.



Start Well Sheffield Family Programme

Let's make a healthy start ...

At Start Well we are passionate about helping Sheffield families give their babies and young children the best start in life. We have developed this programme for parents and carers who have children aged 0-5. This is a programme delivered over several weeks either face to face or online. We explore key childhood topics and practical top tips to help you and your family make small changes to your health, wellbeing, and lifestyles.

"I found out how I could reduce stress at mealtimes and make them more fun for everyone"

"I got lots of ideas to keep my children active and reduce family screen time"

"I felt like I could be open and honest and no question was a daft question"

"I felt like I could be open and honest and no question was a daft question"

"I feel more confident at recognising that my child's behaviour is linked to how they are feeling and they're not just trying to wind me up!"



(Quotes from past parents)

Each week we explore a different topic and you get to build up your own Startwell resource bag:

Week 1: Let's Make a Healthy Start

Week 2: Confident Parent Confident Child

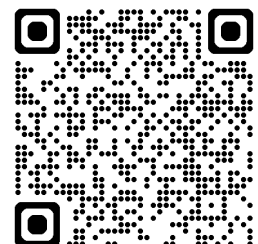
Week 3: Food for a Healthy Lifestyle

Week 4: Emotional Wellbeing

Week 5: Looking After Our Bodies/Oral Health



To find out the dates of our next Family Programme or to get more information scan the QR code to take you directly to our Directory pages - Start Well Sheffield





Start Well Sheffield

Let's Chat About sessions at Primrose Family Hub

Come and join our experienced Early Years Practitioners for free information sharing sessions. Each week we cover handy topics for families with children under 5. No need to book.

Topics covered:

- **Healthy balanced diet and weaning**

What a balanced diet for younger children looks like, how we can make healthier choices. Practical tips on starting weaning and feeling confident, developing healthy habits from the start and the science behind babies behaviours.

- **Portion size and food fussiness**

We will look at how big a child's portion is and how do we know if we are getting it right. How to encourage children to try new foods, reduce food fussiness and start having stress free family mealtimes.

- **Healthy families and active fun**

How being active benefits children's growing bodies, how we as parents can influence children's habits and help foster positive attitudes for life. Plus ideas for simple low cost fun activities and the benefits of tummy time and treasure baskets for little ones.

**All sessions will be on Thursdays at Primrose Family Hub S6 2TN
starting at 1pm till 2.30pm.**

Healthy balanced diet and weaning	Portion size and food fussiness	Healthy families and active fun
September 5 th 2024	September 19 th 2024	September 26 th 2024
October 3 rd 2024	October 17 th 2024	October 24 th 2024
November 7 th 2024	November 21 st 2024	November 28 th 2024
December 5 th 2024		

You can find more about Start Well on the Sheffield directory.

www.sheffielddirectory.org.uk/start-well-sheffield

Call our Advice line on Fridays 9am-11am 0114 2057241 or email us directly at: Adminstartwell@sheffield.gov.uk



Start Well Sheffield Advice Phonenumber

Start Well Sheffield Advice Line is a free service for parents / carers seeking general support and advice for children 5 years and under.

Possible topics include:

- Toilet / potty training
- Sleep
- Speech and language development
- Oral health / dump the dummy
- Concerns around food fussiness

Call for a chat with one of our experienced Early Years Practitioners who are available to support our Sheffield families.

Advice line is operated every Friday morning 9am-11am

Start Well Sheffield Advice line – 0114 2057241



[QR Code for Start Well Sheffield Directory information page](#)