HEALTHY LIFESTYLE POLICY

Teaching children how to live a healthy lifestyle is an important part of the education we provide at Little Steps Day Care. We believe in order for children to thrive and have the energy and concentration levels to learn, they need to be given a healthy diet, plenty of fresh air and exercise and taught how to understand they own body's needs.

Healthy Eating

The food we provide at Little Steps will contain all the important food groups:

- Fruit and vegetables
- Carbohydrates
- Diary proteins
- Non-dairy proteins
- Fats

It is important for children to have a balanced diet containing a mixture of the above groups. Therefore, all of our meals and snacks will be varied to ensure they contain the important nutrients. Fresh fruit and vegetables will be served for snacks and Lunch and Tea will aim to contain a mixture or all five food groups.

No salt will be added to any meals and snacks will be checked for salt and sugar levels to ensure they meet our healthy food standards.

During meal and snack times the staff will proactively engage the children in discussions about what they are eating, why we need healthy food and water and hold general conversations about the importance of being healthy. It will also be an opportunity to talk about the importance of hygiene practises and keeping clean.

Staying Hydrated

It is very important, especially during the hotter times of the year, for children to stay hydrated. Therefore, each child will have their own cup and a continuous supply of fresh water. All children, especially the younger children, will be offered and prompted to drink throughout the day. Older children will have access to their own water jugs to help themselves to drinks whenever they require, teaching them to understand their own needs.

Fresh Air and Exercise

At Little Steps Day Care, it is very important to us that the children get plenty of fresh air and outdoor activities throughout the day. As part of their daily routine, children will have access to our outdoor play area and grounds. They will be encouraged to take part in physical activities and taught about staying active and being healthy. They will also be taught the importance of safety during such activities.

Sun Protection

All children will be given factor 50 sun block and encouraged to wear hats when outside in the hotter months. Children will be encouraged to stay in shaded areas at the hottest times of the day.

Reviewed: 18/03/2025