

Foreword

Members of Working Group

Summary

**System of Maintenance and
Responsibility for the Pack**



1: FOREWORD

Key health policy documents such as 'The NHS plan: a plan for investment, a plan for reform' and the more recent 'Tackling health Inequalities: a Programme for Action', state the importance of taking action to improve the dietary habits of the British population. Unhealthy eating patterns are often established in early life and have a negative impact on childhood as well as future health (wheezing, dental carries, inflammatory diseases, obesity, diabetes, cancer, CHD). The nutritional and oral health of young children is fundamental to their physical, mental, social and educational development and well being.

Here in Great Yarmouth there is much to be done. Therefore, a multi-agency working group – including early years development workers, dental health and dietetic staff – has worked towards the production of this pack, which is to a large extent based on a similar pack produced by NHS Lanarkshire and the Lanarkshire Councils.

The pack gives factual information on a range of issues relating to healthy eating and oral health and provides practical advice for incorporating food into the formal and informal curriculum. Topic boxes have also been produced to support the key messages contained in the pack.

Working in partnership with the children's main carers will reinforce efforts as it is anticipated that this pack and activity ideas suggested in the topic boxes will be made available for use by parents. By working together we can lay down the foundation for lifelong healthy habits at an early stage of development. Great Yarmouth Primary Care Trust, Great Yarmouth Borough Council and the James Paget Healthcare NHS Trust are working in collaboration to achieve these goals.

Dr Alistair Lipp

Director of Public Health, Great Yarmouth Primary Care Trust

Ms Wendy Slaney

Medical Director, James Paget Healthcare NHS Trust

Brendan Bergin

Director of Social Policy, Great Yarmouth Borough Council

2: MEMBERSHIP OF WORKING GROUP

Debora van Zee	Community Nutrition Project Facilitator, James Paget Healthcare NHS Trust
Brigid Rawlinson	Family Health Worker, Sure Start, Gorleston
Richard Mills	Director, Sure Start, Gorleston
Jane Harris	Early Years Development Manager, Sure Start, Great Yarmouth
Mandy Loades	Oral Health Educator, James Paget Healthcare NHS Trust
Patrick Friel	State Registered Dietician (Paediatrics), James Paget Healthcare NHS Trust
Libby Sturrock	Registered Midwife & Breastfeeding Peer Support Educator, James Paget Breastfeeding Working Party
Lyn Blizzard	Senior Health Promotion Specialist, Great Yarmouth Primary Care Trust
Cindee Crehan	Project Worker, Norfolk Healthy Schools Team



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We would also particularly like to thank the children from the Shrublands Playgroup, the Sunshine Pre-School, Peterhouse C. First and James Paget Day Nursery, who allowed their drawings and art work to be used to illustrate this pack. Written permission has been obtained from parents of the children photographed.

Photography by Jane Harris and Debora van Zee.

Design by Carole Reeve, Graphics Department, James Paget Healthcare NHS Trust.

3: SUMMARY

The aim of this pack is to provide guidelines on good nutrition and oral health to all agencies, staff, parents and carers of young children. As a nursery establishment, you will already be incorporating healthy lifestyle messages into your daily activities. It is intended that this pack will complement existing work and provide assistance in future developmental work. The guidelines provided will also help towards the delivery of the 'Health Project Pack' produced by the Norfolk Education Advisory Service and the Early Years and Childcare Partnership. The information is presented in a format that can easily be shared with parents.



There are two key elements to this pack and supporting materials:

1: The pack itself as guidance and a factual resource.

- The pack contains a range of information including nutritional requirements of children under 5, food safety and hygiene, oral health, ideas for snacks and special occasions.
- The pack provides a basis for the development of nutrition and oral health policies within your own establishment.

2: Topic boxes

- Topic boxes have been developed to support this pack and encourage children's learning about food, nutrition and oral health through play and the everyday activities that take place in a nursery.
- The topic boxes contain guidance on the use of the resources for ages 0-3 years and 3-5 years and are a resource for curriculum planning.

Topic boxes can be borrowed by nurseries or other groups and individuals from the Sure Start Toy Library (see chapter 23 for more information).

(Note: January 2004: These boxes are currently only available to those pre-schools involved in the Great Yarmouth pilot project).

4: SYSTEM OF MAINTENANCE AND RESPONSIBILITY FOR THE PACK

This pack should be held in an agreed place in each nursery across the Borough of Great Yarmouth. This pack will be reviewed and updated on an annual basis or in the light of new scientific evidence. Inserts or amendments for the pack will be sent to all establishments as necessary. A responsible person should ensure the pack is kept in order. Your co-operation and support is very much appreciated.

Please complete the enclosed reply form and return to the:

Community Dietician / Public Health Nutritionist

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