

**Swindon Healthy Early Years Resources**

The following websites and documents may be helpful for you to look at ahead of your submission:

Eat Better, Start Better guidance and supporting material have been developed to help early years providers and practitioners to meet the Early Years Foundation Stage welfare requirement for the provision of healthy, balanced and nutritious food and drink. <https://foundationyears.org.uk/eat-better-start-better/>

The standards that school and childcare providers must meet for the learning, development and care of children from birth to 5. <https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

Free resources, which explain why and how children can keep their mouth healthy, along with best brushing practice: <https://www.dentalhealth.org/early-years-foundation-stage>

First Steps nutrition resources and guidance: <https://www.firststepsnutrition.org/>

Physical activity guidelines for early years: <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-under-five-years/#:~:text=Pre%2Dschoolers%20should%20spend%20at,to%2Dvigorous%20intensity%20physical%20activity>.