



Colyton Caterpillars Early Education

Early Years Healthy Eating and Healthy Lifestyle Policy

This policy was agreed by trustees/staff:	
Date of last review:	March 2026
Date of next review:	July 2026
Reviewed by:	K.Clode

When a child starts at Colyton Caterpillars, we will discuss with parents/carers their individual bottle/cup/dummy needs.

- Dummies are stored in their individual bags and if dropped onto surfaces it will be sterilized and/or rinsed hygienically before re-use.
- Bottles are stored in the fridge, washed out after use and returned to parents to sterilise.
- Cups are washed in the dishwasher and should be labelled with permanent marker pen.
- Dummies will only be used when a child is due a sleep or extremely upset as the use of dummies can impair their language and development, can be a factor in ear infections, glue ear and can affect tooth development.

Bottles

- Babies/young children who are bottle fed should be held with a warm physical contact by a member of staff.
- They should not be propped up with a bottle as this is dangerous and doesn't meet educational needs.
- Bottles can only contain milk or water.
- After 12 months bottles should no longer used.

Cups

- Babies should be weaned onto a cup.
- Give them cups to play with.
- Give them praise from drinking from open cups.

Dummies

- It is recommended after 6 months a dummy is reduced, so by 12 months they can be moving on.
- Choose an orthodontic dummy as this causes less damage to teeth.
- Only use dummy for sleep/nap time or to sooth when upset.
- Try and find alternative ways to sooth child.

Any of our staff are willing to discuss with you the areas within this policy.

Healthy eating

Our nursery is committed to promoting healthy eating and positive attitudes towards food. We recognise that good nutrition supports children's growth, development, and wellbeing. This policy supports our practice in meeting the requirements of the Early Years Foundation Stage and the expectations of Ofsted.

Aims

We aim to:

- Provide healthy, balanced, and nutritious food and drinks
- Promote healthy lifestyle choices from an early age
- Encourage positive mealtime experiences
- Support children's independence and self-care skills
- Work in partnership with parents and carers

Food and Drink Provision

- Children are provided with healthy, age-appropriate meals and snacks
- Fresh drinking water is available at all times
- Food provided is low in sugar and salt and avoids highly processed foods
- Cultural, religious, and dietary needs are respected

Teaching and Mealtimes

- Healthy eating is promoted through daily routines and planned activities
- Children are encouraged, but never forced, to try new foods
- Practitioners model positive eating behaviours and good table manners
- Mealtimes are calm, social, and inclusive

Allergies and Dietary Requirements

- All allergies, intolerances, and dietary needs are recorded and strictly followed
- Information is shared with all staff to ensure children's safety
- Procedures are in place to prevent cross-contamination

Partnership with Parents and Carers

- Parents are encouraged to support healthy eating at home
- Guidance is provided for packed lunches where applicable
- Ongoing communication supports consistency between home and nursery

Monitoring and Review

This policy is reviewed regularly to ensure it remains effective, compliant with EYFS requirements, and reflective of best practice.

Sleeping babies and children

The aim is to ensure that children are having enough sleep for them to be able to develop and promote the best practise for all children in a safe environment.

Colyton caterpillars nursery adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death. The safety of babies sleeping is paramount in the nursery and we promote good practice and ensure we are always working in partnership with the parents.

- Mats, pushchairs and blankets will be provided by Caterpillars. These blankets will be washed regularly.
- They will sleep in a well vented room – behind a screened off area or within the setting
- Infants heads will not be covered with blankets or bedding.
- large soft toys that have the potential to smother a baby will be removed.
- Parent/carers will provide dummies and comforters and information on how the child likes to sleep and for how long. Bearing in mind that a child's routine will change when they start nursery.
- With our glass windows the children and babies can be constantly monitored. They are checked regularly and recorded on the laminated sign on the back room door.

Nappy changing and toileting

The United Nations Convention of Rights of the Child (CRC) is at the heart of our schools planning, policies, practice and ethos. As we work towards becoming a Rights Respecting school as we not only teach about children's rights, but also model rights and respect in all relationships. Linked to articles 3, 19, 32, 33 (CRC).

No child is excluded from participating in our setting who may, for any reason, not yet be toilet trained and who may still be wearing nappies/pull ups. We work closely with parents/carers to support toilet training, adjusting our provision to accommodate children with any additional needs or medical conditions.

We see toilet training as a self-care where children have the opportunity to learn with support from all staff members. This links to areas of the EYFS. Including;

Procedure for nappy changing and toileting

- A list of children who are in nappies, are listed on the nappy changing log each day. The nappies are changed regularly.
- Our nappy changing area is a calm, warm and safe area including a nappy changing table and changing mats are cleaned after each nappy change with anti-bacterial spray.
- We have two safe, secure bathroom areas where children can be helped with toileting and changed where necessary.
- Gloves are worn every time whilst changing nappies and changing wet/soiled clothing. All staff are aware of the hygiene procedures involved in this.
- Staff wash their hands with soap and water before and after each nappy change and use hand gel inbetween.

- Cream is applied as and when needed when provided by the parent/carer.
- Staff ensure that nappy changing is a relaxed time where independence is promoted in the children. For example; singing nursery rhymes.
- We support children to wipe their bottom if the child asks for help, and we send out useful links to parents to learn this new skill.
<https://www.youtube.com/watch?v=DTkbj2-Gn9s>
<https://www.andrex.co.uk/gotime/prep-stage/articles/teaching-children-how-to-wipe>
https://therapy.barnsleychildrenshealth.co.uk/uploads/optimadmin/document/document/63/Activities_to_promote_bottom_wiping.pdf
- If children are showing an interest in using the potty/toilet this is encouraged following the parent/carers lead. The children are encouraged to wash their hands after using the toilet/potty.
- Potties are cleaned with anti-bacterial spray after each use and kept in the toilet area as per bowel and bladder advisory service..
- Where a child is wet/soiled, two members of staff assist the child to clean themselves and change into clean clothes. This is written onto the nappy changing log and parent/carers are informed on collection.
- Where staff suspect illness/loose stools, parent/carers are contacted via phone where necessary.

Disposal of nappies / soiled clothing

- All nappies are placed in nappy sacks and then taken outside to the yellow nappy bin, using the key to open.
- Wet/soiled clothing is sent home in a separate bag for the parent/carer to wash. Clothing is not washed/rinsed on site.

Outdoor play

We value the importance of outdoor play as an intrinsic part of our curriculum. The outdoor area is an extension of the indoor area where children have opportunities for doing things in different ways and on different scales and to explore the world around them. It offers children freedom to explore, use their senses and be physically active and exuberant. We believe the outdoor environment has a positive impact on the children's sense of well-being and helps all aspects of the children's development. The curriculum guidance for the Early Years Foundation Stage (EYFS) actively promotes playing outdoors.

We will provide adequate equipment to ensure that children are both safe and healthy whatever the weather to enable the children to play and enjoy the inside and outside environment / facilities on a daily basis.

We aim to provide a safe, stimulating outdoor environment where space is used effectively to enable children to explore a broad balanced curriculum using a range of interesting resources suitable to their individual needs. We aim to provide free-flow outside play every session where all areas of provision are reflected and take into account the children's interests.

In order to achieve this, we:

- Supervise children at all times whilst outside. A member of staff is deployed on outside play throughout the session. This staff member observes the flow of children and calls for extra support when needed.
- Ensure the outdoor area is safe, secure and well maintained.
- Use the garden as a natural resource for learning and extend indoor play outside.
- Provide large equipment for physical play and provide opportunities for children to develop their large motor skills.
- Ensure that the area offers children the opportunity to investigate and explore, problem solve, mark make, and use their imagination and creativity.
- Give children the opportunity to have ownership of the garden by involving them in planning.
- Help children to care for and respect the outdoor environment, care for living things, and appreciate the natural world.
- Use tools safely and effectively and follow safety rules.
- Take into account children's interests and be responsive to their learning experiences
- Allow children to expand on their interests, make choices and have freedom to explore.
- Encourage children to be independent and learn to tidy the equipment after use
- Allow children to experience all types of weather, ensuring they have with appropriate clothing.

How we protect children from the weather:

- When the temperature is extremely hot it is monitored by the staff and they will decide daily whether the children need to stay indoors for their own safety. If the temperature is extremely hot and the Met Office UV rating is above 5 children will be limited to playing out before 11am and after 3pm. www.metoffice.gov.uk
- We encourage all children to wear a hat, preferably legionnaire style, while playing outside in the sun.
- We ask parents to provide a named sun hat, but we have a supply of spare hats available.
- We will apply broad spectrum sunscreen (min. factor 30) to all children before they can access the outside area.
- We support older children to apply their own sun cream to promote independence and develop self-care skills
- Babies under six months old will not be out in direct sunlight
- When registering their child parents sign to give permission for sun cream to be applied.
- Staff will check to see if a child is allowed to have sunscreen before applying and will wash their hands in-between applying sunscreen to each child.
- We ask parents to provide a bag with seasonally appropriate spare clothing and have spare clothes available to lend to children.