

Booking Form

Name: _____

Service: _____

Email: _____

Mobile: _____

Home: _____

Venue: Sligo County Childcare

Committee (SCCC) Training Room

Unit 6, Cleveragh Retail Park,

Cleveragh, Sligo

Dates: Feb 16th, March 3rd, 16th, 30th

Cost: €10 per session or €25.00 for three nights.

NB Booking is Essential

Detach and return ASAP

Sligo County Childcare Contact Details:

Tel: 071 91 48860

Fax: 071 91 48849

Email: sligochildcare@gmail.com

EYHPP Worker: Contact Sheila at :

sheilaryan@sligochildcare.ie

Support & Development Workers:

Joan at: joanmcg@sligochildcare.ie

Viola at: viola@sligochildcare.ie



Using the
Early Years
Health Promotion Project
to support
Siolta
in your
Childcare Service



What is the EYHPP ?



The **Early Years Health Promotion Project** is a collaborative initiative between the Sligo and Leitrim County Childcare Committees. The project is funded by the HSE, West. The overall aim of this project is to help establish a positive attitude towards a healthy and active lifestyle among children who attend Childcare Services in Sligo and Leitrim. An important objective within this aim is to implement the Food and Nutrition Guidelines for Pre-School Services.

Linking with Siolta



Siolta, the National Quality Framework for Early Childhood Education has been designed to provide a framework of quality across the whole field of early childhood education and for children from birth to six years of age.

Throughout this series, we will be interlinking with many of the Siolta Standards which you will by now have become familiar with. Your participation in these sessions will highlight many links through task orientated information and training and provide guidance and opportunity for you to document Siolta under the relevant standards.

Session 1

Physical Activity & Outdoor Play Shane Hayes

This presentation / discussion will focus on the importance of physical activity and active play for under fives. The talk will describe the many benefits physical activity can provide for both pre-school children and childcare staff and it will also highlight some recommendations and guidelines in relation to the provision of physical activity and exercise for

Utilising your Outdoor Space Steffi Otto

This session will focus on why the outdoors is such an important learning environment for children and how childcare services can link the indoor and outdoor environment together to be seen as one learning environment. Also how children can gain environmental awareness and being able to observe different life cycles. Steffi will also have ideas on display, gardening and art/craft indoors and outdoors.



SESSION 2 - Healthy Eating Sheila Ryan

This session will discuss how to devise and implement a Healthy Eating Policy in a childcare setting and how we can allow the children to be more independent at mealtimes. A healthy Eating Policy is very important and we will discuss the best ways to ensure it is implemented successfully in your setting. Also tips and ideas on how you can include children more in the preparation of food, serving of food and the cleaning up after.

Healthy Eating Amanda Mc Cloat

This session will focus on ideas for snack time and how to make the snack menu more interesting. It is important that children get a variety of snacks throughout the week. Amanda will also speak about how to deal with faddy eaters and what drinks are suitable for children aged 0-5.

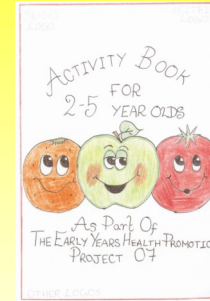
The Dining Experience Joan Mc Grath

The pre-school years provide opportunities to help children form positive attitudes towards food, to develop good eating habits, attitudes, lifestyle and independence. This workshop will highlight effective methods for childcare workers to implement. This in turn can enhance snack time and mealtimes for young children.



SESSION 3 - Preschool Workbook

The **Pre-School Workbook** was first developed in



2007. The aim of the workbook is to promote Healthy Eating, Physical Activity, Oral Health and Outdoor Play along with other Health Promotion topics to children, childcare staff and parents. The pre-school workbook most importantly is a fun resource from which children can learn all about these important topics. It also gives an opportunity for parents to experience what the child is learning at pre-school and includes them in the process by completing an activity with the child at home once a week.

SESSION 4 - Menu Planning Amanda Mc Cloat

(Cooks, Kitchen Staff & Managers)

This session will specifically focus on menu planning. Amanda will introduce new Ideas and recipes for creating a new menu or changing an existing menu. Also how we can create a nutritious menu for children on a budget.

Another focus will be on how as kitchen staff/cooks we can encourage the children to be more independent and allow the children to be involved in preparation of food, serving of food and the clean up after food has been served.

It is also important that we offer children a dining experience. This session will show us ways in which we can introduce the dining experience in the childcare setting.

