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| ***Physical Activity***https://www.gov.uk/government/publications/uk-physical-activity-guidelineshttp://www.breastmilk.com/http://www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspxhttp://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/benefits-breastfeeding.aspxhttps://www.unicef.org.uk/babyfriendlyhttp://www.bhfactive.org.uk/early-years/index.htmlhttp://raisingchildren.net.au/articles/movement\_babies.html<http://www.bhfactive.org.uk/early-years/index.html><http://raisingchildren.net.au/articles/movement_babies.html>***Oral Health***Sugar Consumption<https://www.bda.org/public/sugar-and-children%E2%80%99s-oral-health-top-tips>Healthy Snacks and drinks<http://www.child-smile.org.uk/parents-and-carers/birth-to-3-years-old/drinking-from-a-cup.aspx>Dental Care<http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx><http://www.nhs.uk/Livewell/dentalhealth/Pages/Teethcleaningguide.aspx><https://www.healthychildren.org/English/healthy-living/oral-health/Pages/default.aspx?gclid=CJCKhtSsydICFQxmGwod01kJTw> |  | Breast Feeding & Breast Milk.<http://www.breastmilk.com/><https://www.unicef.org.uk/babyfriendly><http://www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx><http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/benefits-breastfeeding.aspx> |  |  |
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| Green Wrythe Primary SchoolHealthy Early Years NewsletterSpring 2020 |

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|  |  | *Healthy Eating*<http://www.nhs.uk/start4life><http://www.nhs.uk/Tools/Pages/Toolslibrary.aspx?Tag=Healthy+eating><http://www.firststepsnutrition.org/newpages/Early_Years/eating_well-early_years.html><http://www.parents.com/toddlers-preschoolers/feeding/healthy-eating/break-your-kids-bad-food-habits><https://www.actionforchildren.org.uk/media/9750/eat-well-practical-guide-final-check.pdf> ***Healthy start***<http://www.healthystart.nhs.uk/>Free Milk Fruit and Vegetables<https://www.nidirect.gov.uk/articles/free-milk-fruit-vegetables-and-vitamins> |  | Image result for healthy early years |
|  |  |
| ***Behaviour Support***Attachment<https://www.helpguide.org/articles/secure-attachment/attachment-issues-and-reactive-attachment-disorders.htm>Sleep disorders<http://www.nhs.uk/Livewell/Childrenssleep/Pages/howmuchsleep.aspx>*Speech and Language*<http://www.lnwh.nhs.uk/services/harrow-community-services/speech-and-language-therapy-paediatric/><http://www.foundationyears.org.uk/files/2011/10/EveryChild_a_Talker_consultants_guidance11.pdf> | ***Immunisation***<http://www.nhs.uk/conditions/vaccinations/Pages/childhood-vaccination-schedule.aspx>***Independence and self care***<http://articles.extension.org/pages/26436/ways-to-encourage-self-help-skills-in-children><http://www.nurseryworld.co.uk/nursery-world/news/1098703/parents-guide-developing-independence>Potty Training<http://www.eric.org.uk/><http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/potty-training-tips.aspx> |
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| You are entitled to Healthy Start vouchers if you are at least 10 weeks pregnant or have a child under four years of age and you or your family get one of the following:* Income Support
* Income-based Jobseeker’s Allowance
* Income-related Employment and Support Allowance
* Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only) and an annual family income of £16,190 or less
* Universal Credit (with a family take home pay of £408 or less per month)

Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week. |