



Level 3 Children's Care, Play, Learning and
Development: Practice and Practice & Theory

Unit 306 Promoting work with 3-7 year olds

Guidance for delivery

Guidance for Tutors and Assessors

In Wales, there is a programme called **NUTRITION SKILLS FOR LIFE™** delivered by a network of Public Health Dietitians. Public Health Dietitians can provide expert knowledge and guidance on nutrition and hydration for children and young people.

For more information contact Lisa Williams, All Wales Nutrition Training Facilitator on:



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Website: <https://www.publichealthnetwork.cymru/en/topics/nutrition/nutrition-skills/>

Unit 306 Promoting work with 3-7 year olds

Assessment criteria (AC)	Assessment Guidance	Supporting material	Suggested learning activities for learner to complete
1.5	<p>You understand:</p> <p>How childcare and early years education, public health priorities and support services aim to address childhood disadvantage</p> <p>Current public health priorities for 3-7 year olds include helping them to: eat well; be physically active; have a healthy weight; have good oral health; live in a nurturing home environment safe from accidents and injury; be fully immunised; attend school and meet expected developmental and literacy outcomes. Smoking cessation and the emotional well-being and resilience of the whole family/carers are other key goals.</p> <p>The learner will understand that no one service, working in isolation, will achieve the positive impact on children's health and well-being that is required. A holistic approach is needed with agencies working in partnership. CCPLD childcare workers have a valuable role to play in achieving better outcomes for children in Wales and reducing the impact of childhood poverty.</p> <p>The learner will be able to give an example of how childcare and early years education, public health priorities and support services aim to address childhood disadvantage. Answers might include:</p> <ul style="list-style-type: none"> • Childcare and early years education settings can provide nutritious meals, snacks and drinks, helping to protect children's oral health and general health and well-being. • The Welsh Government funded Flying Start Programme aims to provide families living in deprived areas with support and early intervention. • Food related benefits in Wales and the UK, such as free school breakfasts, free school meals, the School Holiday Enrichment Programme (SHEP) and the Healthy Start Scheme, aim to help families on a lower income access a balanced diet. • Money advice services support those in debt and help families access benefits they may be entitled to. 	<p>Statistics on child poverty in Wales can be found at:</p> <ul style="list-style-type: none"> • https://bit.ly/2sMtBF7 • https://bit.ly/2YlHmqh • https://bit.ly/2Yoslyz <p>Background information on current Public Health topics (including Adverse Childhood Experience, healthy weight, immunisations) can be found at https://phw.nhs.wales/topics/</p> <p>For strategic context, see the Well-being of Future Generations (Wales) Act 2015 https://www.futuregenerations.wales/about-us/future-generations-act/ and Public Health Wales's strategy 2018-2030: Working to Achieve a Healthier Future for Wales https://phw.nhs.wales/about-us/our-priorities/</p> <p>For information on the Healthy Child Wales Programme, visit https://gov.wales/healthy-child-wales-programme</p> <p>Welsh government's long term strategy to help reduce and prevent obesity in Wales can be found at https://gov.wales/healthy-weight-strategy</p> <p>For general information about nutrition, physical activity, sexual and mental health in Wales, visit https://www.publichealthnetwork.cymru/en/</p>	Learner discussion and reflection

Assessment criteria (AC)	Assessment Guidance	Supporting material	Suggested learning activities for learner to complete
	<ul style="list-style-type: none"> Some Local Authorities and charities based in Wales provide parenting programmes and interventions to support family relationships and emotional well-being. The Welsh Government funded Healthy Schools Scheme and Pre-School Scheme work with early years education and schools to support the health and well-being of children, their families and staff. Possible examples of how this is done include incorporating physical activity into everyday life and working to support children's emotional well-being. <p>Further information can be obtained from the suggested links in the supporting material section.</p>	<p>Learners and families/carers can contact their local Family Information Service for details of services available in their community.</p>	