

HOW TO USE THE TODDLERS TOOLKIT

This toolkit has been produced for Health Visitors, Children Centres and Playgroups.

The aim of the toolkit is to promote healthy eating, good hygiene practices and an awareness of other safety and wellbeing issues amongst parents of children aged 0-3 years old.

Research by Professor Gately at Leeds Metropolitan University stated that 4.5 million children in the UK are overweight or obese. 1 in 4 pre-school children are obese and 8 out of 10 obese children will become obese adults. Obesity can have physical, mental and social health effects and it is important to try to establish good habits from an early age. If we can have an influence at an early age and encourage parents to feed their children healthy, nutritious food throughout their childhood, this should then encourage a healthier lifestyle during adulthood.

Each activity sheet is tailored to be delivered in a session lasting between 30 and 40 minutes. However, the sessions can be extended or adapted to suit your needs.

The sheets aim to put the message across in a fun and simple way. The activity lists the resources required at the start of each sheet. There is also a

Resource List detailing where you can access the resources for each Activity Sheet and other sources of useful information.

We hope you enjoy using the toolkit and would appreciate your feedback on the pack with any suggestions on improvements or ideas for additions to the toolkit.

If you require any further information or have any questions regarding this toolkit, please contact:

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