

Happy Healthy Kids



All pre-school settings work hard to promote children's physical development, recognising the impact, not only on health, but on emotional well-being and intellectual development. We are increasingly aware of the limited amount of physical exercise many children engage in outside the pre-school setting and the length of time spent using electronic devices or watching TV.

Happy, Healthy, Kids aims to raise parents' awareness of the importance of physical exercise and the need to reduce screen time. Settings can apply for up to £450 to enable them to provide information sessions/ workshops and support materials for parents to encourage more physical activity at home.

Settings may wish to:

- share information about the importance of healthy life-styles, including reduction in screen time
- raise awareness of gross motor skills and the impact on health, well-being and learning
- demonstrate activities that parents could engage in with their children at home
- provide guidance and materials for parents to use in the home environment.
- *raise awareness of the importance of developing fine motor skills and the impact on future learning*
- *demonstrate activities that parents could engage in with their children at home*
- *provide guidance and materials for parents to use in the home environment.*

Within **Getting Ready to Learn** there is no set programme to follow. Each pre-school setting is best placed to decide which elements would be most relevant to support their parents and children. Guidance material will be provided to support settings in delivering tailor-made programmes to suit their specific needs, including:

- *suggested session outlines and sample presentations;*
- *practical ideas for workshops;*
- *advice from Early Years' Education and Health Professionals*
- *access to current research*
- ***sharing of practice across local pre-school settings***