



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 funding to enable them to provide information sessions/ workshops and lending resources for parents to encourage more physical activity at home.

Settings may wish to...

- ⇒ **Share information** about the importance of healthy life-styles
- ⇒ **Raise awareness** of gross and fine 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 lending resources which promote physical activity, for parents to use at home



Guidance material is provided on the **GRTL Website Members Area**, to support settings in delivering tailor-made programmes :

- Suggested session outlines and sample presentations
- Practical ideas for workshops
- Suggested lending resources
- Advice from Early Years' Education and Health Professionals
- Access to current research
- Sharing of practice across local pre-school settings

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's specific needs.



For more information please visit

www.gettingreadytolearn.co.uk

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