

Startwell Training – Aims and

Startwell offer virtual training on healthy eating, physical activity and oral health. The aims and objectives of each training session are listed below.

To book onto the training please visit our website. [Events from August 21 – May 14 – Startwell 2020 \(startwellbirmingham.co.uk\)](https://startwellbirmingham.co.uk)

Characters and Messages Training:

- Have a basic understanding of Startwell
- Know the Startwell messages and how to promote these within the setting
- Know where to get more information and ideas about Startwell from

Physical Babies:

- To explore why physical development can be challenging for babies.
- To have an overview of the biggest transformation during the baby stage, including brain development
- Exploring the Physical characters:
 - 180 Katie – exploring the Chief Medical Officer guidelines and the importance of tummy time, crawling, cruising, walking and back to sleep front to play.
 - Sammy Skills - exploring senses, reflexes and the fundamental movement skills through the skills based planning sheet and activity ideas to support you.
 - Active Azra - creating enabling environments looking at containers, clothing, and physical baby nursery rhymes.
 - Suzy Startwell and the importance of role modelling.
- Activities ideas for physical babies.

Physical 2 Year Olds:

- To explore why do we want 2-year-olds to be active.
- Have an overview of toddler brain development.
- To understand the benefits of physical activity for 2-year-olds.
- To explore the challenges and key considerations of physical activity at this age.
- Exploring the Physical Characters:
 - Sammy Skills – introducing physical literacy, the fundamental movement skills and activity ideas.
 - 180 Katie - exploring the Chief Medical Officer guidelines and why various types of intensity during movement is important.
 - Active Azra – explores the difference of busy v's active, belly buttons on the move and environments.
- Startwell reflection on Characteristics of effective learning.



Physical Pre-Schoolers:

- To explore why do we need our pre-schoolers to be physical.
- To have a good knowledge of the benefits of physical activity for pre-schoolers.
- Startwell Physical character introduction:
 - Sammy Skills - exploring the fundamental movement skills in more depth and activity ideas.
 - 180 Katie – exploring Government guidelines for physical activity and the difference in activity levels such as low, moderate, and high.
 - Active Azra – exploring translocation of the trunk, the environment, and the importance of being physical and adding this into your daily routines.
- Exploring school readiness and the EYFS.

Music, Movement and Maths:

- To understand the link between Music, Movement and Maths
- To understand why movement is important in early years and key points and guidelines.
- To understand why music is important in early years and be able to explore different music genres
- To understand the importance of maths important in early years and explore EYFS stats.
- How to link Music, Movement and Maths.
- Startwell Character links, activities and key points linked to Music, Movement and Maths

Weaning Training:

Aim: To improve knowledge of basic messages around weaning and to enable participants to feel confident in answering simple questions related to the introduction and progression of solid foods.

Objectives:

- Know the different terminology associated with weaning
- Know the recommended age to start weaning
- To be able to name suitable and unsuitable foods and textures for different ages
- Know the suitable sitting positions and safe feeding practices
- Be able to recommend suitable drinking vessels for babies and young children
- Understand the balance of food that's needed in an infants diet (including vegetarian and vegan diets)
- Understand the advantages and disadvantages of homemade and convenience weaning foods
- Feel more confident in communicating basic messages around introducing solid foods



Food and Mealtimes:

- Have a good knowledge of nutritional requirements for children under 5
- To understand Startwell's menu guidelines (including allergens)
- How to work with caterers effectively
- How to link Startwell's characters into mealtimes and how to talk to children about food
- Understanding the importance of the mealtime environment
- How to make food appealing to children

Fussy Eating Training:

- To understand what fussy eating is and how it is defined
- To understand the causes of fussy eating in children under 5 years
- Strategies to prevent and manage fussy eating
- How to improve the environment, the behaviour of adults and how to work with child/children who are fussy eaters
- To be able to support parents to promote consistent messages at home

Oral Health:

Aim: To enable Early Years staff to provide oral health advice to children and their carers

Objectives:

- To explain the importance of oral health and the impact of poor oral health on children and their families
- To explain key oral health messages that can be shared with children and their carers
- To explain the importance of toothbrushing with fluoridated toothpaste (appropriate to age), diet and regular visits to the dentist

