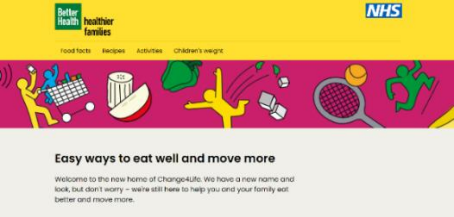
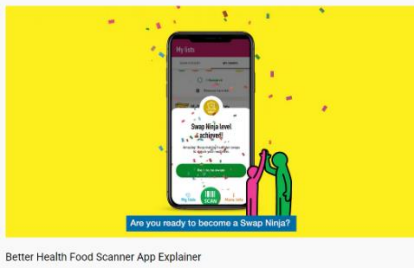
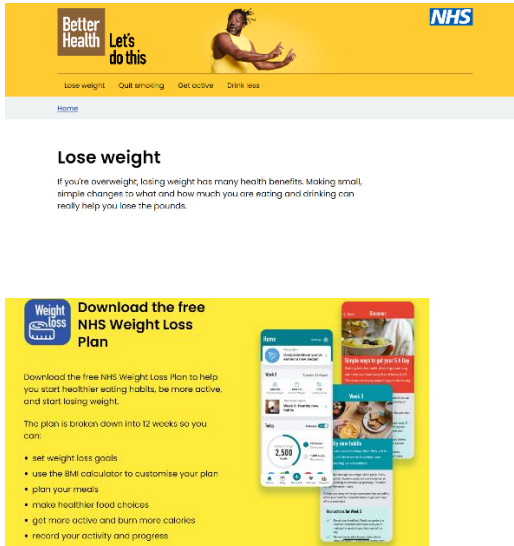
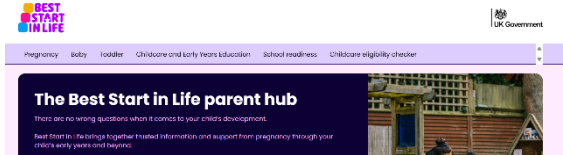
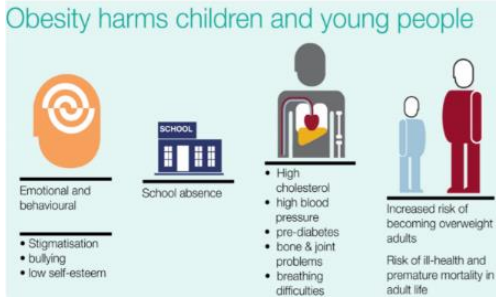
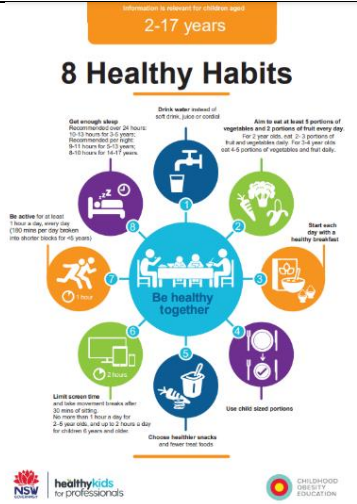
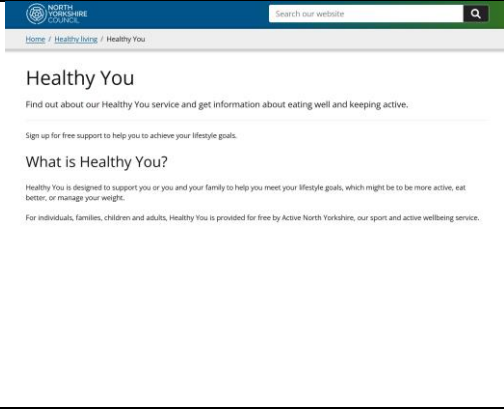


Child Healthy Weight, Healthy Lifestyles and Oral Health Resources

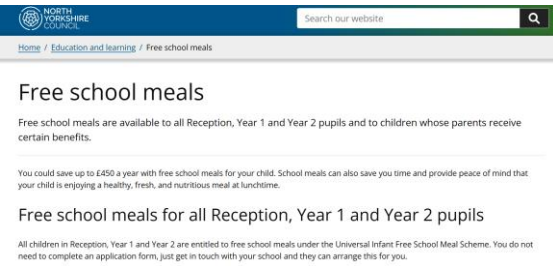
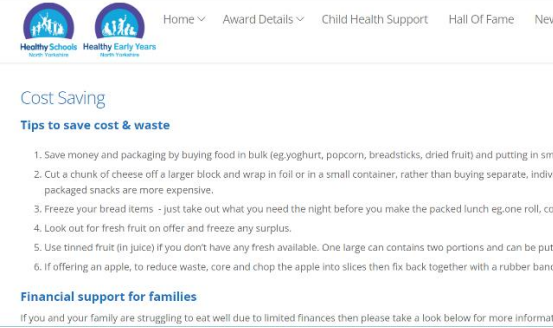
This document contains web links to a number of resources and information about healthy weight, healthy lifestyles and oral health that may be useful for professionals, volunteers and parents/carers when supporting children, young people and families with developing healthy habits. The middle column shows an image of the website or resource, and the links to these resources are on the left. If you have any comments, suggestions or questions please contact Helen Ingle or Catherine Baker, Public Health Managers at North Yorkshire Council helen.ingle@northyorks.gov.uk or catherine.baker@northyorks.gov.uk

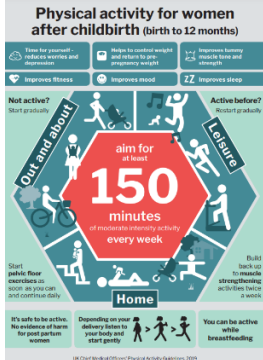
Healthy weight and healthy lifestyles	Image of the resource / document / website	What is this resource / information?
Healthy living information https://www.nhs.uk/healthier-families/ Free food scanner app (video) https://youtu.be/et3HrM36pHM Healthy Steps Programme for Families – email support Healthy Steps - Step this way.	   	NHS website with lots of information about staying healthy (healthy weight, healthy eating, physical activity, mental wellbeing etc). Video about the free food scanner app, which helps you to identify healthy food swaps. Healthy Steps is a free 8-week email course for families with children aged 5-11 years, offering health tips, recipes and family challenges.

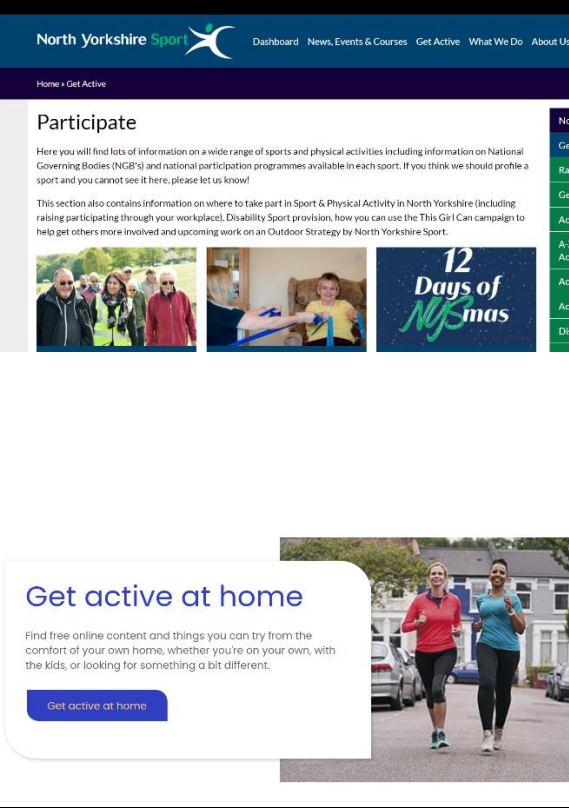
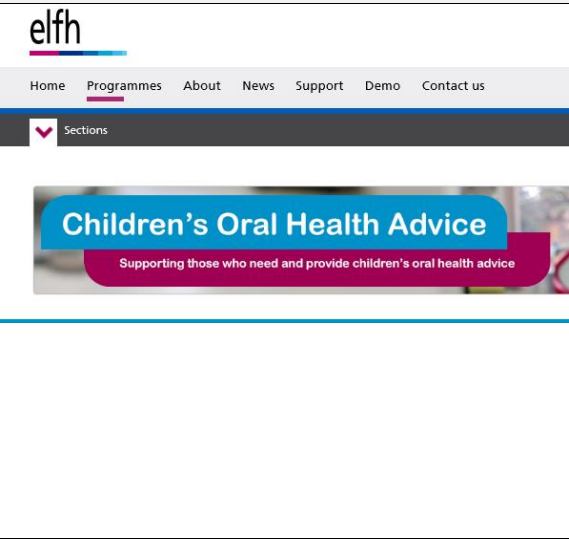
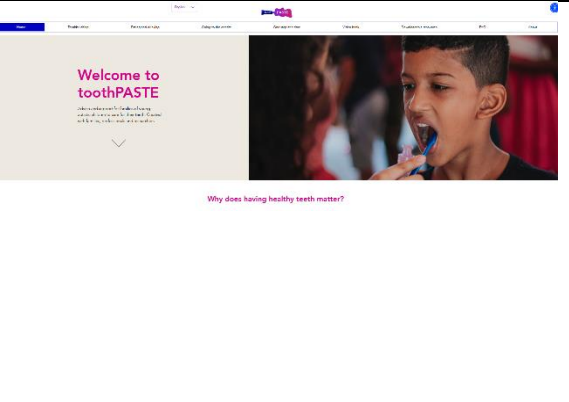
Better Health Campaign (adults) https://www.nhs.uk/better-health/lose-weight/ https://www.nhs.uk/better-health/get-active/home-workout-videos/ Download the free NHS Weight Loss Plan app (adults) <u>Lose weight - Better Health - NHS</u>	 The image shows two screenshots from the NHS website. The top screenshot is the 'Better Health' page with a yellow header and a 'Lose weight' section. The bottom screenshot is the 'Download the free NHS Weight Loss Plan' page, which lists features like setting goals, using a BMI calculator, and planning meals.	Healthy weight advice for adults (parents/carers). Includes some home workout videos, and information about the NHS weight loss plan (app).
Best Start in Life https://www.beststartinlife.gov.uk/	 The image is a screenshot of the 'The Best Start in Life parent hub' website. It features a purple header with navigation links like 'Pregnancy', 'Baby', 'Toddler', etc. The main content area has a dark blue background with white text and a small image of a child.	A range of information from pregnancy through to starting school. Includes childcare, food, oral health, physical activities and emotional health.
Talking to your child about weight <u>Talking to your child about weight (bath.ac.uk)</u>	 The image is a colorful graphic titled 'Talking to your child about weight'. It shows a family (a man, a woman, and two children) running together. Below the illustration are logos for 'BDA Obesity', 'BDA Paediatric', and 'UNIVERSITY OF BATH'.	A useful resource with advice for parents and carers about how to talk to their children about weight.

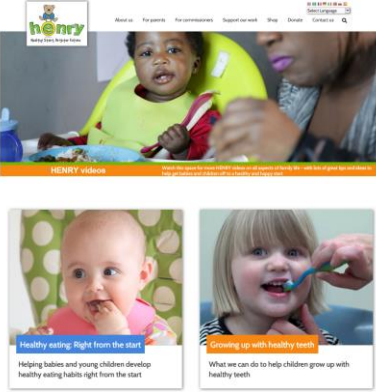
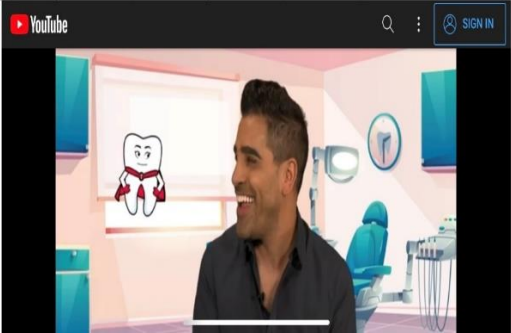
Healthy weight advice https://www.nhs.uk/live-well/healthy-weight/childrens-weight/ https://www.nhs.uk/healthier-families/childrens-weight/#healthy-weight		Information and advice about children's weight, including what you can do if your child is overweight or underweight.
Harmful effects of child obesity – infographic https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health		Image to show the harmful effects of obesity on children and young people.
Healthy Habits poster https://childhoodobesity.ie/wp-content/uploads/2021/02/COE-2-192901-8-Healthy-Habits-infographic-update_PRESS.pdf		A poster with suggestions for healthy habits (eating, physical activity, sleep, water etc) for children and young people of all ages.
Healthy You service Healthy You North Yorkshire Council		Details of the free healthy weight and healthy lifestyles service for children, young people and families in North Yorkshire.

Healthy eating		
Eat Well Guide https://www.gov.uk/government/publications/the-eatwell-guide		Poster and website to show the UK government's recommendations for eating healthily and achieving a balanced diet.
5 a Day – eating more fruit and vegetables https://www.nhs.uk/healthier-families/food-facts/5-a-day/		Advice on eating more fruit and vegetables.
Healthy packed lunch guidance For young children (aged 2-5 years) Early-Years-Healthy-Lunchboxes-leaflet.pdf For primary school-aged children Healthy-packed-lunch-guidance.pdf		Digital leaflet with suggestions for families for what to include in a healthy packed lunch. Also includes links to some cost-saving ideas and food bank locations.

Family Food Leaflet leaflet-Family-Food.pdf		Digital, printable leaflet for families. Contains information on reducing food-related costs.
School meals Free school meals North Yorkshire Council		Information about school meals (and how to claim FREE school meals) for families in North Yorkshire. <i>All children in Reception, Year 1 and Year 2 are entitled to free school meals under the Universal Infant Free School Meal Scheme. Also, free school meals for all age groups are provided to families who receive certain benefits.</i>
Eating on a budget Tips for families, food banks, financial support etc. http://healthyschoolsnorthyorks.org/cost-saving/		Cost-saving ideas for families.

Complex eating behaviors in children – resource bank Complex-Eating-Behaviour-in-Children.pdf	 Complex Eating Behaviour in Children – A Resource Bank for Families and Professionals Providing healthy meals for your family can seem like an impossible task at times. There are several challenges that a family may face daily, cost of food, finding time to eat together, meeting the needs/requirements of different members of the household, as well as trying to ensure a healthy diet for all members of your family. In addition to the ongoing challenges faced by families on a regular basis to provide healthy, affordable meals, if there is a child/young person with a complex eating behaviour in a family this can add additional requirements that need to be considered. Eating behaviours in children can be complex and there can be several reasons for the behaviour. The following resources have been put into one document to provide support and information to professionals and families around helping children and young people with complex eating behaviours. If you are concerned about a child's weight or any medical condition affecting their eating, please contact your GP. <table border="1"><thead><tr><th>Title/overview</th><th>Image of the resource/document/website</th><th>What is this resource/information</th></tr></thead><tbody><tr><td>Harmgate and district NHS Foundation Trust Advice for Anxious and Hesitant Eaters and Children with Limited Diets leaflet Advice for hesitant-anxious-and-limited-eaters.pdf</td><td></td><td>Provides resource for professionals and families with children who may be anxious, hesitant eaters or have a limited diet.</td></tr></tbody></table>	Title/overview	Image of the resource/document/website	What is this resource/information	Harmgate and district NHS Foundation Trust Advice for Anxious and Hesitant Eaters and Children with Limited Diets leaflet Advice for hesitant-anxious-and-limited-eaters.pdf		Provides resource for professionals and families with children who may be anxious, hesitant eaters or have a limited diet.	Resource bank for families and professionals to support children and young people with complex eating behaviours / food sensitivities.
Title/overview	Image of the resource/document/website	What is this resource/information						
Harmgate and district NHS Foundation Trust Advice for Anxious and Hesitant Eaters and Children with Limited Diets leaflet Advice for hesitant-anxious-and-limited-eaters.pdf		Provides resource for professionals and families with children who may be anxious, hesitant eaters or have a limited diet.						
Physical activity								
Physical activity guidelines for: • Children and young people • Early years children • Disabled children and young people • Pregnant women • Women after childbirth https://www.gov.uk/government/collections/physical-activity-guidelines	    	Posters showing recommended amounts of physical activity (and ideas of what to do) for children and young people of all ages and abilities, and women during and after pregnancy.						

North Yorkshire Sport https://www.northyorkshiresport.co.uk/participate 30 active things for 30 minutes: https://www.northyorkshiresport.co.uk/kpi-1 Stay active at home: https://www.northyorkshiresport.co.uk/ideastostayactive Sport England Tips, advice and guidance on how to keep or get active. https://www.sportengland.org/jointhemovement		Websites with ideas and information about staying active in North Yorkshire. Includes ideas for staying active at home, and different groups and opportunities for being active in the community. <i>“Children are more likely to be happy, resilient, and trusting of others if they take part in regular activity, movement and/or play. Positive and fun experiences help children to develop their confidence and maintain a healthy mental and physical wellbeing.”</i>
Oral Health		
Children’s Oral Health e-learning https://www.elfh.org.uk/programmes/childrens-oral-health/ Module 1 – Children’s Oral Health Advice for All 30 mins		E-learning module for Children & Families Services, Early Years, and other health/care professionals but also accessible for parents. <i>A list of additional resources is provided with links to videos and apps provided throughout the session. Certificate available if registered but can be completed without registering.</i>
Autism tooth care https://www.autismtoothcare.com/		Advice and support for families of young autistic children to care for their teeth. Created with families, professionals and researchers. <i>Includes small, practical steps to help with toothbrushing, reducing sugary foods and drinks, and attending dental appointments.</i>

Making Every Contact Count MECC Link Simple signposting to Better Health and Wellbeing – Oral Health.		Very brief intervention advice for practitioners using the Ask, Assist, Act model
Oral Health Advice https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/		NHS website providing a brief summary of how to take care of your children's teeth - from brushing their first tooth to their first trip to the dentist.
HENRY videos – Growing up with Healthy Teeth & Healthy Eating https://www.henry.org.uk/videos		Videos to support healthy eating, dental care and tooth brushing in the Early Years. Target audience is parents, carers and the Early Years Workforce.
CBeebies Dr Ranj Super Tooth's healthy teeth guides 0-3 years How to care for the teeth of children aged 0-3 with Dr Ranj and Supertooth! - YouTube 3-6 years How to care for the teeth of children aged 3-6 with Dr Ranj and Supertooth! - YouTube 7 + years		Short child-friendly YouTube clips aimed at promoting good oral health habits. For children to watch with their parents / carers.

How to care for the teeth children aged 7+ with Dr Rani and Supertooth! - YouTube British Society of Paediatric Dentistry		
Brush DJ www.brushdj.com		Brush DJ is an award-winning, free toothbrush timer app that plays 2 minutes of music taken from the user's device to encourage brushing for an effective length of time.
Hey Duggee The Toothbrush Song from Hey Duggee CBeebies website		Sing along to the toothbrushing song to encourage brushing for an effective length of time. Includes toothbrushing reward chart.
A practical guide to children's teeth British Society of Paediatric Dentistry		This booklet provides advice on how to care for children's teeth from babies to young adulthood. Available in 8 community languages.
E Learning NYC staff can access through Learning Z here: 0-7 years Learning Zone		FREE bite-sized oral health e-Learning for front line practitioners working with children and young people.

8-16 years Learning Zone Additional Needs children and young people: Learning Zone For anyone not NYC staff they can still be accessed through registering through https://learninghub.nhs.uk/Registration/CreateAccountRegInfo		Once registered, courses can be accessed here https://learninghub.nhs.uk/catalogue/hdft?nodeId=7207
The Good Teeth Guide for Parents and Carers of Children with Extra Needs Manchester Primary Care Trust		This booklet is to help those looking after children with extra needs to use simple routines that will limit or help prevent dental problems and help them deal with any dental issues that might arise.
Better Health Start for Life Top Tips For Teeth https://campaignresources.dhsc.gov.uk/campaigns/ttft/		The Top Tips for Teeth resources (downloadable/printable) are designed for dental professionals, early years professionals and those working with families and young children to encourage parents and carers to teach children good oral health.