**I am confident I am promoting health and wellbeing with the children I care for**

Evidence for Self-Assessment theme- Quality of Care and Support

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| **Examples of good practice** |
| * Children can take part in a variety of different activities which promote physical activity and a healthy lifestyle. * There are opportunities for children to relax rest or sleep if they choose * There are regular and consistent opportunities for the children to play outdoors * Children are able to choose from a range of healthy food options if I provide this |

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| **Reflective Questions** |
| How well do the activities I plan create healthy outcomes for children and how do I demonstrate this?  How well do I use the wellbeing indicators to assess the quality of the experiences of children? |

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| **Additional evidence: If you are undertaking SVQ Social Services (Children and Young people) you may find the questions below could provide evidence of your prior learning. You should discuss these with your assessor.** | ✓ |
| What are the factors that may affect the health and wellbeing of children and young people?  Promote Effective Communication + Promote the Development of Children and Young People + Promote the Health and Physical Development of Children KP21 |  |
| What indoor and outdoor activities and experiences do I plan that provide opportunities for children to practise physical skills and develop competence?  Promote the Health and Physical Development of Children PC1 |  |
| How do I ensure that these planned activities are inclusive and available to all children? How do I adapt these plans if necessary to meet individual needs? Promote the Health and Physical Development of Children PC5 |  |
| How do I ensure plans include routines that allow children to rest and recover from physical exercise? How do I implement these routines? Why is this important? Promote the Health and Physical Development of Children PC6, PC12, KP40 |  |
| How do I ensure menus, snacks and drinks meet the dietary and nutritional needs of children in my care?  Promote the Health and Physical Development of Children PC13 |  |
| How do I involve children in the planning and preparation of food or snacks, according to their capabilities? Promote the Health and Physical Development of Children PC14 |  |
| How do I encourage children to make healthy choices about food and help them understand the link between food and health? Promote the Health and Physical Development of Children PC15 |  |
| Ensure the food and drink provided is in line with government guidelines, current best practice on healthy eating and is prepared according to dietary and cultural requirements. Promote the Health and Physical Development of Children PC16 |  |
| What do I do to provide food, snacks and drinks that are interesting and will stimulate children's awareness of the variety of different food and drinks. Promote the Health and Physical Development of Children PC17 |  |
| What food and drink do I provide for children with special dietary requirements that meet their nutritional needs. How do I document these and share them with others? Promote the Health and Physical Development of Children PC18, PC19 |  |
| How do I ensure that high standards of hygiene are maintained when storing and preparing food and drink, and which government guidelines and legal and work setting requirements apply to this? Promote the Health and Physical Development of Children PC20 |  |
| How do I encourage children's independence in feeding routines, according to family requirements and practice? Promote the Health and Physical Development of Children PC21 |  |
| What type of indoor and outdoor activities encourage balance, co-ordination, gross and fine motor skills, manipulative skills and hand/eye coordination. Promote the Health and Physical Development of Children KP39 |  |