



ST BERNARDS

DAY NURSERY

HEALTHY TOTS



Supporting healthy, happy little learners

At St Bernards, we believe that healthy habits start in the early years. Through everyday routines, play and experiences, we support children to develop positive attitudes towards their health and wellbeing.



HEALTHY EATING

We encourage children to enjoy a varied and balanced diet, explore different foods and develop positive mealtime experiences. Fresh drinking water and milk are available throughout the day.



LET'S GET MOVING

Being active is an important part of every nursery day. Children have lots of opportunities to run, climb, balance, dance and develop their physical skills through both indoor and outdoor play.



EMOTIONAL WELLBEING

Feeling safe, secure and valued is just as important as physical health. Our practitioners build warm relationships with children and help them recognise, express and manage their feelings.



HEALTHY TEETH & SMILES

We promote good oral health through age-appropriate activities and conversations, helping children understand why looking after their teeth is important.



HEALTHY HABITS FOR LIFE

From handwashing and personal hygiene to rest, fresh air and making healthy choices, we help children build independence and learn how to look after themselves.



WORKING TOGETHER WITH FAMILIES

Healthy Tots is about working together. We share information and ideas with our families so that healthy messages experienced at nursery can be supported at home too.



OUR HEALTHY TOTS COMMITMENT

We aim to give every child the best possible start by making health and wellbeing a natural part of their everyday Early Years experience.



Healthy children ♥ *Happy children* ♥ *Healthy habits for life*