

HHEYS Award

To achieve or renew your HHEYS award please arrange a convenient time to meet and run through the guidance. No evidence file is required and the appointment usually takes 60-90 minutes to complete.

HHEYS Training

In response to settings requesting training in house more the decision has been made to focus on these requests to all settings including childminders either face to face or online. However if there is a need for 'community shared dates' I can arrange dates for shared sessions too. I have made sure the HHEYS award and all training meets the updated Early Years Foundation Stage nutrition guidance.

Basic Mental Health awareness for Early years Settings Provides a basic knowledge of mental health to enable settings to support staff and parents/carers. Including; what mental health is, conditions that impact mental health, looking after your mental health, the impact on parenting and local support available. Recommended for any EY practitioners.
EYF4L: Early Years Fit 4 Life For any staff members/childminders working with children 0-5 years. Now delivered in individual modules or can be combined. Healthy eating: Including portion sizes, lunchboxes, healthy snacks and fussy eating. Includes new nutrition guidance. Oral Health: Includes information about sugars, tooth brushing, visiting a dentist and resources. Screen time, active play and sedentary behaviour: How we get hooked on screen time, its impact and tips for change. Sleep: The importance of sleep and tips for improving sleep for all, safe sleep advice for babies. Menu Planning: How to use the voluntary food and drink guidance and look at ways to improve variety. Includes updates on new nutrition guidance. Recommended for any EY staff.
Infant Feeding This training is ideal for staff members in baby rooms or those looking after babies under 1. It includes updated training on bottle feeding, supporting breastfeeding mums, storage of expressed breast milk and formula and introducing solid foods. 2 modules available, these can be offered together or separately. Breast feeding and bottle feeding and Introducing solid foods Recommended for any baby room staff members or childminders working with under 1's.
Supervised Toothbrushing Training for all staff and access to the resources available for settings to deliver toothbrushing with children aged 2-7. Childminders will be included in phase 2.
Parent / Carer sessions Topics available for parent/carers sessions include: Sleep and screens/ Fussy eating/ Lunchboxes/ Understanding children's behaviour/ Healthy teeth/ Healthy eating on a budget/ Looking after ourselves.

Please contact Sophie Talbot via HIT@halton.gov.uk or sophie.talbot@halton.gov.uk to book sessions or for more information.

Halton Health Improvement Team / Halton Borough Council