



Sleep Feeding Hygiene

Links to Criteria

B1	Describe ways the early years worker can support children through transitions
D5	Describe TWO everyday activities which support the care needs of children and support their independence, wellbeing, health and safety
D6	Describe how the activities and experience support the wellbeing of children

Key Questions	
1	Why are foods high in fat like whole milk, yoghurt, cheese and oily fish so important for young children especially those under the age of two?
2	What problems can come along if a child has too much salt and sugar in their diet?
3	Look at this quote: <i>'Poor iron status is common in the UK, and anaemia is seen in about 12 per cent of toddlers'</i> Why is iron deficiency (anaemia) a problem what are the consequences / symptoms.
4	How does someone's culture affect how long they might breastfeed for?
5	What dangers might you come across when heating up baby food?
6	Can you list the advantages of bottle feeding?
7	Can you list the advantages of breastfeeding?

Key Terminology		
1	Nutrients	A nutrient is a substance needed by organisms to stay alive and healthy. (Carbohydrates, Proteins, Fats, Minerals, Vitamins, Fibre and Water)
2	Balanced diet	A balanced diet is one that contains the correct amounts of all the necessary nutrients needed for healthy growth and activity.
3	Deficiency	If you have too little of a particular nutrient, we say that you have a deficiency in that nutrient.
4	Allergies	A sensitivity to a certain food causing a reaction which can be severe.
5	Diabetes	Where blood sugar level can't be controlled. It is usually higher than normal. Diabetics need to monitor carbohydrate intake.
6	Coeliac disease	An intolerance to gluten. Gluten is found in foods containing wheat, eg bread, cakes, and pasta.
7	Culture	All over the world many people choose to eat or avoid certain foods according to their cultural or religious beliefs. E.g. Kosher or Halal
8	Weening	The process of gradually introducing an infant to an adult diet and reducing the supply of milk.



Points to remember

1	Babies and children only need a very small amount of salt in their diet. Salt is added to a lot of the food you buy, such as bread, baked beans, and even biscuits, it is easy to have too much. The maximum recommended amount of salt for babies and children is: up to 12 months – less than 1g of salt a day 1 to 3 years – 2g of salt a day (0.8g sodium) 4 to 6 years – 3g of salt a day (1.2g sodium)
2	Most children who develop diabetes will have type 1 diabetes, which is where the body is unable to produce Insulin. This means they will need regular insulin injections. A small but increasing number of children in the UK are being diagnosed with type 2 diabetes, which can be associated with being overweight.
3	Weaning, usually happens around six months old. Health experts agree that this is the best age. Before this, your baby's digestive system is not developed enough to cope with solid foods. If you're breastfeeding, this will give your baby extra protection against infection. Breastfeeding beyond six months alongside solid foods will continue to protect your baby for as long as you carry on.