



Welcome

Welcome to our second Early Years newsletter.

As a reminder Hampshire Healthy Families is partnership between Southern Health NHS Foundation Trust and Barnardo's. We support the health and wellbeing of families, parents and carers of children

Website relaunch

The HHF website is looking really fresh and colourful now. The language choice is a really great addition; you can even darken the background colour for easy reading. Please share our website link with your families. We would love to hear what you think of it and any comments you have received from parents.

www.hampshirehealthyfamilies.org.uk



**Discover
more here**

School Readiness

For families with children starting school in September 2024, this is an ideal time for them to come along to one of our school readiness workshops, which are held every month across all areas of Hampshire. If you have a room available in your setting we are also very happy to come along and deliver a workshop at a time to suit you.

<https://www.hampshirehealthyfamilies.org.uk/school-readiness>

Oral Health

With the current focus in the news about family oral health, we thought we would highlight our work with early years settings and families, helping to instil good oral health routines:

- **Hampshire Healthy Heroes workshops** – Each Community Health Development Worker (CHDW) across the 8 regions of Hampshire visits 12 early years settings and groups each quarter. Within the session we talk with the children about oral health, enjoy a story and do fun activities. We provide settings with the session information for your own use and to share with parents.
[Contact your CHDW to book a visit if you haven't seen us in a while.](#)
- **Government guidance for EYFS professionals**
<https://www.gov.uk/government/publications/improving-oral-health-supervised-tooth-brushing-programme-toolkit>
- **Workshops and courses** – Information is given to parents in all of our workshops and courses, including top tips in follow up emails.
- **Roadshows** – CHDWs visit the community; engaging with a variety of events and venues, sharing oral health messages with families



Useful links

- **Tiny Happy People:** Some of the HHF team have recently attended champion training. The website is a great resource to share with families for activity ideas. There are many short video's and articles available making it perfect for parents and professionals alike.
[Children's language development and parenting advice - BBC Tiny Happy People](#)
- **Speech & language UK:** A great website to signpost parents to!
[Speech and Language UK: Changing young lives](#)
There are useful free webinars for parents to watch here:
[Talk to a speech and language therapist](#)
- **Taste Education:** Another great website offering free food activities and lesson plans for Early Years settings designed to give children the chance to experience new vegetables and fruits in a positive way using all their senses.
<https://www.tasteeducation.com/eyfs/>