

## mission

The BCCN aims to be national influencers and providers of outstanding information, training and support to those engaged in the Early Childhood and After School sector, where vision, collaboration, inclusion and standards are key values ensuring that children are at the heart of all that we do.

## about BCCN

The BCCN exists to support the attainment of national quality standards in both Early Childhood and After School Services through the provision of information, training, on-site mentoring and networking with other agencies to increase levels of support to services. The Network operates locally, regionally and nationally with both voluntary and statutory agencies throughout the island of Ireland



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**BCCN/HSE Dublin NE  
SMART START  
health promotion  
training programme  
for early childhood  
services**

'supporting attainment of national quality standards in early childhood and afterschool services... promoting children's health, wellbeing, learning and development.'

# shaping healthier futures



This module has been devised as a result of collaboration between the BCCN and the HSE Health Promotion team in the HSE Dublin North East. The Health Promotion team used the BCCN information, training and quality support framework to disseminate health promotion messages across to service providers, children, parents and families.

## topics



- 1 Health Promotion
- 2 Oral Health
- 3 Nutrition
- 4 Health & Safety
- 5 Physical Activity

## programme delivery



- ✕ Health Professionals (HSE Dublin NE)
- ✕ BCCN Tutors
- ✕ Pre-school providers and staff
- ✕ Policies & Procedures developed with parents
- ✕ Children learn, practice & use healthy lifestyle skills

## the purpose of the module



This module is a statement of the standards to be achieved to gain a FETAC credit in Shaping Healthier Futures for Early Years Settings at Level 5. It is an elective module for the FETAC Level 5 in Childcare.

The module has been designed to support the implementation of health promoting elements within Early Childhood settings. This is especially pertinent in light of recent Government policy on targeting obesity.

## the general aims of the module are to:

- ✕ Appreciate health promotion activity
- ✕ Develop health and safety promoting practices
- ✕ Develop oral hygiene practices
- ✕ Demonstrate healthy eating behaviours
- ✕ Promote regular engagement in physical activity
- ✕ Work effectively as a team in promoting safe, healthy pre-school environments

## feedback from pre-school staff

*'the knowledge from the training has made myself and staff more confident to discuss issues such as healthy eating'*

*'parents are delighted to see that my school is participating in training which benefits their child's health'*

*'the training has helped me to develop a more concise, fun and play curriculum for the children which they enjoy'*

supporting the implementation of health promoting elements within Early Childhood settings

