



09.7 Mealtimes

Mealtimes are key times in the day for being close and to promote security, as well as for exploration and learning. Springfield Pre-School understands the importance of a healthy balanced diet for young children. At each meal/snack time, a named person is responsible for checking that the food provided meets all requirements for each child.

Mealtimes

- Whilst eating, there should always be a member of staff in the room with a valid Paediatric First Aid certificate.
- A member of staff should always be in sight and hearing of children when eating and sat facing them wherever possible so they can ensure that children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
- Staff arrange the table before toddlers sit down; there should be no waiting time.
- Children's hands are washed clean before their meal.
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks.
- Mealtimes are relaxed opportunities for social interaction with their group and the adults who care for them.
- To protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Information for parents is displayed on the parent's notice board or shared, including:
 - Ten Steps for Healthy Toddlers
https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
 - Daily snack options.

