

The Royal Wolverhampton

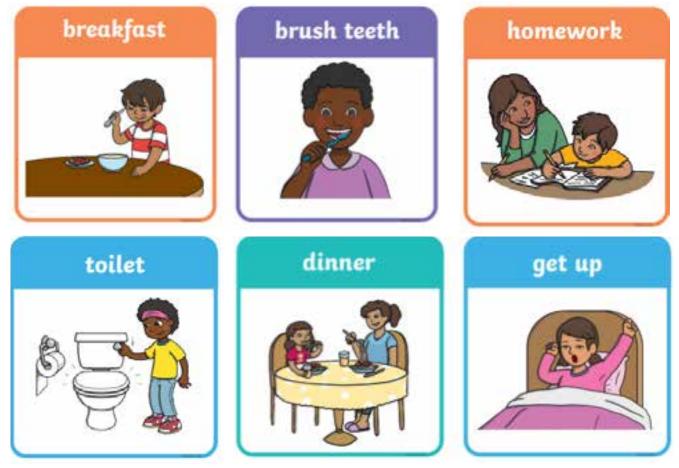
Building a healthy future this spring

An information leaflet from the Wolverhampton 0-19 Service, January 2025

Using visual timetables

A visual timetable is an interactive resource made of symbols or photographs that help children understand the order of the day and predict what will happen next. Visual timetables can be used for children with additional needs or anxiety to understand and manage with their routines, to communicate, encourage independence and support decision making.

Here are some examples that you can trial at home:



Click to read more about the right way to use visual timetables 🖝 <u>The Right Way to Use Visual Timetables</u>

Nurturing healthy eating habits in children with SEND

Ensuring a balanced diet is vital for every child's growth and development. For children with Special Educational Needs and Disabilities (SEND), establishing healthy eating habits can present unique challenges. However, with thoughtful strategies and a supportive environment, parents can foster positive relationships with food for their children.

Understanding nutritional needs

Children over the age of five should follow a healthy diet suitable for the whole family. The essential nutrients they need are found in these four groups, which should be offered daily:



1. Starchy carbohydrates: These provide energy and include foods like bread, potatoes, pasta, rice, breakfast cereals, and grains such as couscous and quinoa. For children over five, wholegrain varieties are healthier and more filling.



2. Fruits and vegetables: Aim for five portions daily. They supply vitamins that help prevent illnesses and contain fibre for good bowel health. Fresh, frozen, tinned (in their own juice), or dried options are all beneficial. Fresh fruit juice counts as one portion per day but should be given alongside meals.



- **3. Proteins:** Essential for growth and repair, sources include meat, fish, eggs, beans, and pulses. Incorporate a variety of protein-rich foods to meet dietary needs.
- **4. Dairy and alternatives:** Important for bone health, options include milk, cheese, yogurt, and fortified plant-based alternatives. These provide calcium and other vital nutrients.

Addressing feeding challenges

Children with SEND may experience feeding difficulties, such as sensory sensitivities or restrictive eating patterns. It's important to approach these challenges with patience and creativity:

- involve your child: Encourage participation in shopping and meal preparation. Allowing them to choose foods and assist in cooking can increase their interest in trying new items.

- Create a positive mealtime environment: Maintain a calm and enjoyable atmosphere during meals. Avoid pressuring your child to eat, as this can create negative associations with food.

- Introduce new foods gradually: Present new foods alongside familiar favourites. It may take multiple exposures before a child accepts a new food, so persistence is key.

Encouraging physical activity

Alongside a balanced diet, regular physical activity is crucial for maintaining a healthy weight and overall well-being. Engage your child in enjoyable activities that suit their abilities, such as walking, swimming, or adapted sports. Incorporating physical activity into daily routines can enhance appetite and imp ove mood.

Find out more:
Physical activity guidelines for children and young people - NHS

By implementing these approaches, parents can support their children with SEND in developing healthy eating habits that contribute to their growth, development, and overall quality of life.



For children aged 5-11



This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

British Nutrition



should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations

The amount of fluid a child needs depends

on many factors

but generally they

on fluid intakes for children from the European Food Safety Authority.

For more information on the sources used in this text please contact postbox@nutrition.org.uk © British Nutrition Foundation 2021 www.nutrition.org.uk

Clubs and activities



'giving a voice to parents & carers of children with additional needs' Voice4Parents represents the views and voices of Parents and Carers of Children and Young People in Wolverhampton with SEND

Find out more: 🖝 Voice4Parents | SEND | Wolverhampton, UK

Adventure Street are a fully inclusive centre designed for children from walking age up to around 7, with disabled access to the centre and toilet areas.

*There is no upper age limit for these sessions but please be aware that some of the props are smaller in size, such as costumes.

Find out more Adventure Street: <u>https://adventure-street.co.uk/sen-play-sessions/</u>



Registered Charity No. 1169333

Providing accessible activities for young people with complex disabilities and their families to enjoy together

Find out more: 🖝 Give Us A Break



Include Me TOO is a national charity supporting disabled children, young people and their families from diverse range of backgrounds.

Include Me TOO supports and promotes social justice, equality and rights for all disabled children and young people. They provide a range of support including peer support, befriending services, activities and holiday clubs for disabled children, outreach and information and advice to families.

Find out more: 🖝 <u>https://includemetoo.org.uk/</u>

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

