



EARLY YEARS

Course title	Course overview	Target audience	Learning outcomes
Introduction to active play in early years (APEY) Half day	A half day course incorporating the theory around the importance of active play, plus practical ideas on ways of engaging under fives and their families in active play.	Any practitioner or community member working with children under five and/or families with children under five who would like to increase their knowledge about play.	<ul style="list-style-type: none"> Understand and recognise the benefits and importance of play for young children Gain practical ideas on how to get young children more active and in turn feel more confident in delivering active play sessions Increased knowledge on where and how to get resources
Healthy Lifestyle in Early Years (HEY) (Supporting the Pre-school Challenge) One day	A one-day course essential for professionals working within early years who wish to incorporate healthy lifestyles, i.e. basic principles of healthy eating and being active, into their working practice and promote these messages to young children and their parents.	All practitioners working with young children (primarily 0-5).	<ul style="list-style-type: none"> Understand the benefits of a healthy diet for young children and families and ideas on how to teach children where food comes from e.g. fruit and vegetables Increased knowledge of the importance of being active and practical ideas to support this Understand the principles of good oral health and how to promote this to children and families
Breastfeeding and Introduction to Solids and Complementary Foods (BCF) Half day	This workshop provides information on best practice regarding how to support families with breastfeeding and first tastes of solids and complementary foods	All staff who have contact with pregnant women and families with young children, but do not have a clinical background.	<ul style="list-style-type: none"> Be aware of how to promote breastfeeding as a healthy choice Know referral systems and how to support breastfeeding mothers Be able to talk confidently to parents about giving appropriate food at the right time

	Dates	Times	Portsmouth workforce	Outside Portsmouth
APEY	Tues 29 May 2012	9.30am - 12noon	No charge	£80
	Tues 6 November 2012	9.30am - 12noon	charge	£80
HEY	Tues 17 April 2012	9.30am - 2.30pm	No charge	£100
	Fri 7 Sept 2012	9.30am - 2.30pm	charge	£100
BCF	Weds 29 February 2012	9am - 1pm	No charge	£80
	Thur 3 May 2012	9am - 1pm	charge	£80
	Tues 10 July 2012	9am - 1pm		£80
	Weds 28 November 2012	9am - 1pm		£80

To book a place on a course please complete a [booking form](#) or email sorted@portsmouthcc.gov.uk
For any further information please contact the training co-ordinator on 023 9284 1714