Course details

Course title
Keeping Children Healthy

Course code
Q00028362

Course date

Start: 11/12/26
End: 29/01/27

Number of classes
6 sessions

Timetable

Fri 11th Dec, 12:30 to 13:30
Fri 18th Dec, 12:30 to 13:30
Fri 8th Jan, 12:30 to 13:30
Fri 15th Jan, 12:30 to 13:30
Fri 22nd Jan, 12:30 to 13:30
Fri 29th Jan, 12:30 to 13:30

Tutor
Diana Barnsley

Fee range

Funding available - £192.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.
Got it!
In venue

Venue

Whitehawk
Whitehawk Road
Brighton and Hove
BN2 5NS

Level of study
Beginners

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This course explores practical, evidence based ways to help keep children healthy, using current UK guidance on child wellbeing. You'll look at balanced eating, healthier food swaps, and simple, affordable meal ideas inspired by NHS Healthier Families resources. You'll also learn about children's activity needs, with fun and easy ways to encourage movement at home, based on Health for Kids activities. The course covers other key areas of child health too, including sleep routines, hygiene, safety, emotional wellbeing, and knowing when to seek trusted health advice, using the Healthy Child Programme as a guide. The focus throughout is on realistic, everyday steps you can take to support children's long term health and wellbeing.

Course description

This course introduces you to practical, up to date ways to help keep children healthy, based on the latest national guidance from the Healthy Child Programme 2026, which outlines evidence based approaches to supporting children's health from birth to age 19.

You'll explore the key things that support children's wellbeing, including healthy eating, regular movement, good sleep routines, emotional wellbeing, and everyday safety.

You'll look at simple, realistic steps you can take to encourage children to eat well, using NHS Healthier Families resources such as healthy food swaps, 5 a day ideas, packed lunch inspiration, and tips for reducing sugar intake. The course also includes fun and accessible ways to keep children active, with indoor games, dance ideas, and outdoor play activities inspired by Health for Kids guidance.

You'll also learn about other important areas of child health, such as hygiene, illness prevention, vitamin D guidance, and emotional wellbeing, using the most up to date national recommendations. The course will help you explore safe, trusted sources of health advice, including NHS child health webpages and local support options.

By the end of the course, you'll feel more confident using everyday strategies to support children's long term health in a way that's positive, practical, and enjoyable for the whole family.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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