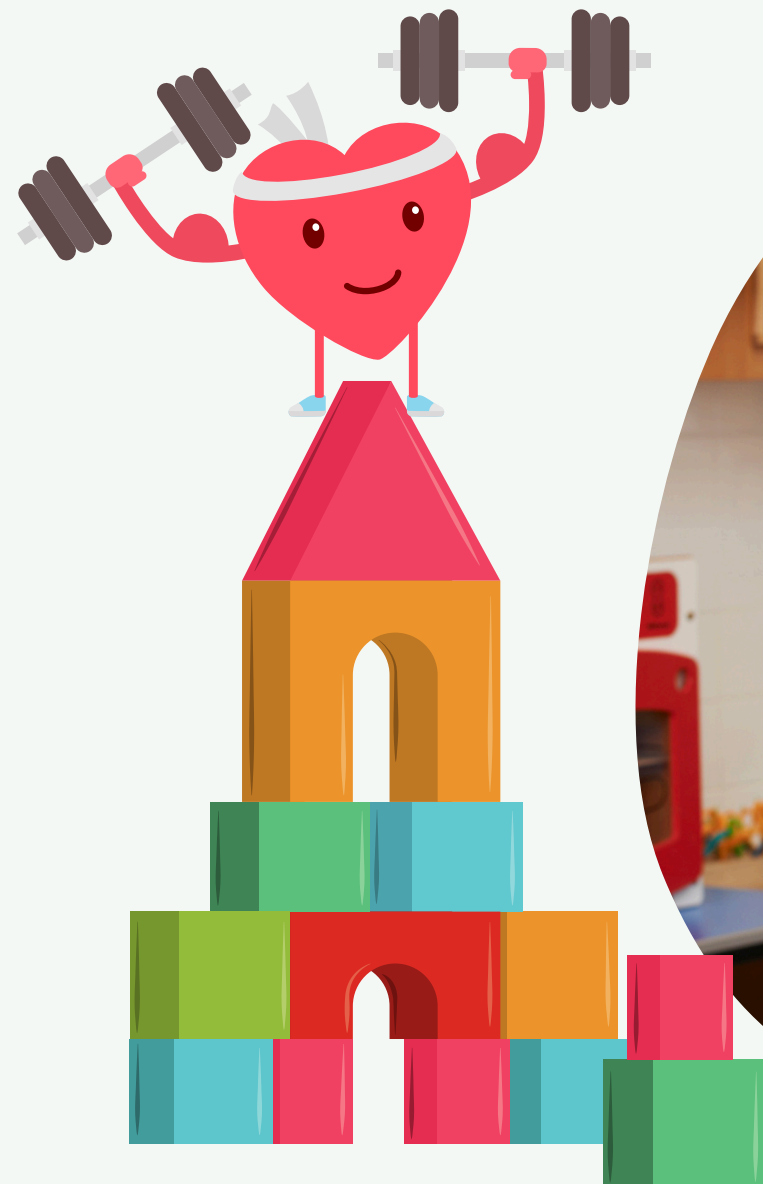




Your free nursery health and well-being checklist for 2025





Introduction

This comprehensive health & wellbeing checklist is designed to guide you to evaluate and improve the healthiness of your nursery.

We cover the key areas mentioned in our article, 'How healthy is your nursery' of nutrition and menu choice, emotional well-being and mental health of toddlers, physical development and sleep health. Including questions to reflect on your practitioners' professional training and regulatory compliance with the latest NHS advice and expert guidance.

Use this downloadable as a practical guide to evaluate and enhance your nursery's health and wellbeing standards. Making sure every child receives the support they need to grow, learn, and blossom.





Nursery menu choices and a balanced diet

- Is the nursery menu reviewed and approved by a nutritionist or has been created using expert guidance?
- Are meals balanced with a variety of fruit, vegetables, proteins, and whole grains?
- Are processed foods, added sugars, and salt minimised in meals and snacks?
- Are meals culturally inclusive and accommodate dietary and allergy needs?
- Are children encouraged to try new foods in a positive, pressure-free environment?
- Does your nursery menu align with children's development stages?
- Do you have a 'weaning menu'?
- Where does your fresh produce come from?
- Is water the main drink provided throughout the day?
- Do children have access to unlimited fresh water?
- Are meal portions age-appropriate and nutritionally balanced?





Understanding nutrition

Do staff educate children about healthy eating in an engaging way?

Are food preparation and sensory play used to encourage healthy choices?

Are **food allergies and dietary needs well-managed** and documented?

Are your nursery team aware of the **basics of child nutrition?**

Are children given appropriate independence in self-feeding when possible?

Are safe eating practices followed?

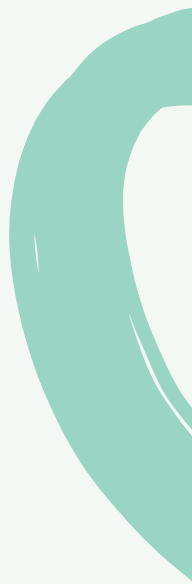
Are sugar intake guidelines followed for snacks and meals?

If parents provide snacks, how are they monitored?

Is there a structured mealtime routine with good social eating habits?

Do children have a balanced meal in relation to their development stage?

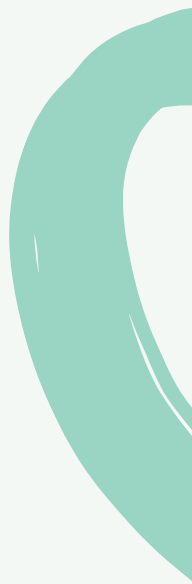
Are staff trained in baby and toddler nutrition?





Toddler mental health and self-regulation pt. 1

- Are staff trained to identify signs of stress, anxiety, or emotional distress in toddlers?
- Do staff use emotional literacy techniques to help children name and express their feelings?
- Are there quiet spaces available for children to have a calm break?
- Are mindfulness techniques (e.g., deep breathing, sensory play) seen in daily routines?
- Do staff model positive self-regulation strategies to help children manage big emotions?
- Are **PSED activities** chosen to match the development stage of the children or child?
- Are children encouraged to develop PSED skills through role-play, storytelling, and group discussions?
- Are transitions (arriving and leaving nursery, and moving between activities) managed smoothly to reduce anxiety?
- Do staff provide consistent routines to create a sense of predictability?





Toddler mental health and self-regulation pt. 2

Are children encouraged to recognise different emotions in themselves and others?

Are **positive behaviour management strategies** used to support children?

Are families provided with resources on personal, social and emotional development?

Are children given opportunities to develop independence and decision-making in a safe, supported way?

Are sensory toys (like fidget toys and weighted blankets) available for children to try?

Is there a process for referring children who may need additional emotional or mental health support?





Physical development and movement

Are daily opportunities for gross motor play provided (like climbing, jumping, running)?

Do practitioners know the **amber and red flags for physical development**?

Are fine motor activities (like threading, puzzles, mark-making) included in daily activities?

Is outdoor play encouraged in all weather conditions where safe?

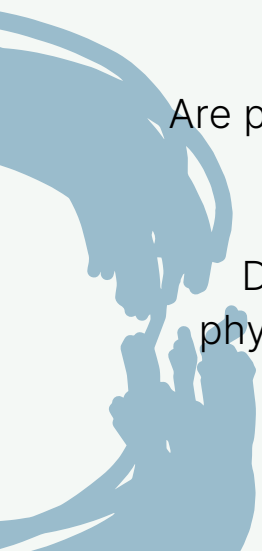
Are age-appropriate physical challenges introduced to support development?

Are toys and equipment regularly checked for safety and suitability?

Do activities promote balance, spatial awareness, and coordination?

Are practitioners aware of **physical development aims from the EYFS framework**?

Do practitioners know the next stage of learning (in physical development) that children need to be ready for (Key Stage 1)?





Sleep health for babies and toddlers

Are staff trained in **safe sleep guidelines** (back-to-sleep position, and no loose bedding)?

Are sleep environments well-ventilated, quiet, and at a safe temperature?

Are cot and sleep areas regularly cleaned and checked for safety?

Is there a consistent nap routine to match each child's needs?

Are parents kept informed of their child's sleep patterns through their **Child Diary**?

Are staff aware of sleep regressions and developmental sleep needs?

Does your nursery have a policy for sleep and comforters?





Staff training and CPD

Do all staff have up-to-date **paediatric first aid** and safeguarding training?

Are staff trained in childhood nutrition and hydration best practices?

Does your **nursery's CPD plan** meet the current needs of the children and developing trends you've noticed?

Do staff have regular access to experts in areas of health and well-being (like sleep health, nutrition, physical development and mental health)?

Do staff receive training on physical development and motor skills?

Are there training courses on hygiene, food safety, and allergy awareness available for staff?

Are your nursery team encouraged to recommend useful training courses or opportunities?





Encouraging parents to make healthy choices

Are parents provided with guidance on healthy meals and snacks for home?

Are workshops or newsletters offered on sleep, nutrition, and physical development?

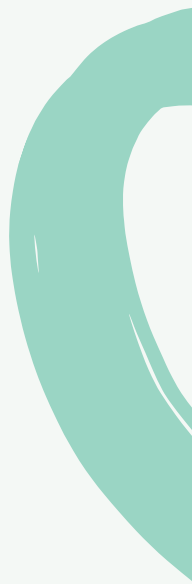
Does the nursery communicate clearly about food policies and healthy eating?

Are resources on reducing screen time and promoting active play shared with families?

Is there an open-door policy for parents to discuss health and well-being concerns?

Do your practitioners adopt **trauma-informed practices** when supporting parents?

Are healthy lifestyle habits promoted through fun take-home activities?





Compliance with regulations and expert guidance

Are staff aware of the junk food advertising ban coming in September 2025 and its impact?

Is your nursery provision in line with the current EYFS framework and Ofsted **regulations for health and safety?**

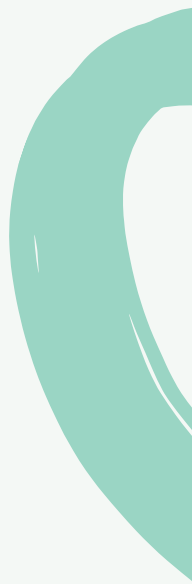
Are food safety and hygiene practices regularly monitored?

Are sleep policies updated in line with the **Lullaby Trust** and **NHS safe sleep advice?**

Does your nursery share **the EYFS statutory policies** with your team and parents regularly?

Does the nursery stay informed on new research in childhood health and development?

Are risk assessments for play, food, and sleep reviewed frequently?





Conclusion

Creating a healthy and supportive nursery environment is essential for children's physical, emotional, and cognitive development.

By following this nursery health and well-being checklist, you can ensure your setting meets the highest standards in nutrition, sleep, physical activity, mental health, and staff training, whilst staying up to date with the latest regulations and best practices.

At Blossom, our **nursery management software** is designed to help you streamline health monitoring, improve communication with parents, and manage staff training—all in one place.

Contact our team to learn more about our amazing features and packages available for every nursery.