

MAYOR OF LONDON

HEALTHY EARLY YEARS LONDON

Introduction to Healthy Early Years London (HEYL) Award

[Healthy Early Years London](#) (HEYL) is an awards scheme that supports and recognises achievements in child health, wellbeing and development in early years settings.

HEYL aims to reduce health inequalities by supporting a healthy start to life across themes that include healthy eating, oral and physical health, and early cognitive development. It also complements and enhances the statutory [Early Years Foundation Stage framework](#) (EYFS), adding to the focus on children, families, and staff health and wellbeing.

HEYL covers a number of important areas of health, wellbeing and development for young children, including:

- Healthy eating, including breastfeeding and starting solid food
- Oral health
- Physical activity, physical development, reducing sedentary behaviour
- Speech, language and communication
- Early cognitive development
- Social and emotional wellbeing
- Parenting and home learning
- Home safety, accident prevention and reducing injuries
- Supporting children with chronic health conditions, special educational needs and disabilities
- Infection control and immunisations
- Parent and staff health concerns, including:
 - Mental health
 - Alcohol and substance misuse
 - Smoking
- Sustainability e.g. air quality

HEYL supports practitioners to identify their own good practice as well as areas to develop. It can be used to improve and support practice in **all** Early Years settings:

- Private, voluntary and independent nurseries
- Early learning and day care in children's centres
- Childminders
- Early Years in schools
- Crèches and playgroups

Participating in Healthy Early Years London

All Early Years settings and childminders can participate in Healthy Early Years London by registering for the programme [online](#) and then begin working towards achieving the HEYL Bronze Award.

Once bronze has been achieved, settings/childminders can then progress towards achieving HEYL Silver and Gold Awards. See the **HEYL Award Pathway for Settings and Childminders** for further details.

Support

Settings/childminders in boroughs with a local HEYL Borough Lead can contact their local Borough Lead for information and support.

Settings/childminders in boroughs without a local HEYL Borough Lead can contact the Healthy Early Years London team for more information and support HEYL@ncb.org.uk

For any queries about the programme, please contact HEYL@ncb.org.uk