

**Introduction****What is this unit about?**

This unit is concerned with supporting healthy living, working with families to identify options, access information and make changes.

**Who is this unit for?**

This unit is suitable for you if you work with children and families either assisting health professionals or within programmes such as Sure Start or related activity.

**Principles and values**

You must work within the principles and values of the sector in order to achieve this unit.

**Content of unit**

The elements are:

1. Enable children and families to identify healthy living options
2. Encourage and support children and families to implement healthy lifestyles

**Place in the NVQ/SVQ framework**

This unit is a Group 2 option unit in the Level 3 NVQ/SVQ in Children's Care, Learning and Development.

**Links to Key and Core Skills**

This unit may provide evidence for the following:

<b>Key Skills</b>	<b>Core Skills</b>
Communication: 3.1a, 3.1b, 3.3, 3.3	Communication: Intermediate 2
Working with Others: 3.1, 3.2, 3.3	Working with Others: Intermediate 2
Problem Solving: 3.1, 3.2, 3.3	Problem Solving: Intermediate 2

**What we mean by some of the words used in this unit**

<b>Healthy living</b>	Adopting ways of life that help to maintain or bring about good health and extend life expectancy
<b>Lifestyle</b>	The choices people make about how they live their lives
<b>Life-limiting health conditions</b>	Chronic illnesses, diseases and health conditions that shorten life expectancy

**CCLD 319****Promote healthy living for children and families****The National Standard****Element CCLD 319.1    Enable children and families to identify their healthy living options****Performance criteria**

This is the national standard which you must meet:

1. Discuss with families the long and short-term health implications of different lifestyles on adults and children and the benefits of healthy living
2. Identify opportunities to raise awareness of healthy living choices during regular routines and activities
3. Identify and select opportunities to discuss healthy changes to lifestyle with individual children and their families
4. Plan and implement programmes and activities that demonstrate aspects of healthy living
5. Provide information to raise awareness and facilitate change

**The National Standard****Element CCLD 319.2    Encourage and support children and families to implement healthy living****Performance criteria**

This is the national standard which you must meet:

1. Help families to identify realistic changes to their lifestyle
2. Help families plan and implement recognised healthy choices
3. Acknowledge, support and reward families' efforts to make changes to their lifestyle
4. Assist families to recognise and monitor the benefits to their health and well-being of lifestyle changes
5. Direct families towards additional help and assistance, when required, to help them implement lifestyle changes

**What you must know and understand**

**To be competent in this unit, you must know and understand the following:**

**K3H504**

What is meant by healthy lifestyles according to government guidelines recommendations; what these are

<b>K3H505</b>	That recommendations about health are based on evidence from research and the key features of such evidence in relation to diet and exercise, rest and relaxation
<b>K3H506</b>	The major life-limiting health conditions that can be minimised or prevented by lifestyle changes
<b>K3P507</b>	What is meant by realistic changes to lifestyle and how these are dependent on the personal circumstances of the children and families involved
<b>K3H508</b>	Why healthy lifestyles are particularly important for children
<b>K3H509</b>	The type of routines and activities that could be used to demonstrate healthy living: regularly as part of normal daily activities and occasionally e.g. as part of a health promotion campaign
<b>K3H510</b>	How you can discuss healthy living with families and children in ways that encourage families to attempt change
<b>K3H511</b>	Where information can be obtained about health and healthy living that is independent and unbiased
<b>K3D512</b>	Ways in which you can motivate and encourage families and children in their efforts to make changes
<b>K3H513</b>	What additional help families might need to implement healthy changes and where this might be available locally
<b>K3P514</b>	Your own support needs, whether you have a peripatetic or setting based role, how you might access support and from whom