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## Overview

This standard identifies the requirements when promoting health and wellbeing for children, young people and families. It emphasises a holistic, child-centred approach. It requires you to focus on working in partnership with families and others in health, education, voluntary, and community sectors to foster positive lifestyle choices, encourage active participation, and support the lifelong wellbeing of children.

## Performance criteria

### *You must be able to:*

1. work in partnership with families to help them identify the short- and long-term health implications of lifestyle choices
2. provide accessible information about health, wellbeing, and nutrition tailored to the developmental stages of children or young people
3. plan and use play-based approaches and real-life experiences to encourage the engagement of children or young people with health and wellbeing
4. encourage families to make informed decisions about their lifestyle and wellbeing, considering their individual circumstances
5. acknowledge the cultural and social influences on health and support families in making realistic, sustainable changes
6. promote and discuss the benefits of balanced nutrition, hydration, physical activity, and rest on healthy lifestyles
7. use mealtimes, physical activities, and caregiving moments as opportunities to reinforce health and wellbeing choices
8. support the independence of children or young people in making health-conscious choices
9. work with children or young people and families to set achievable health and wellbeing goals
10. recognise and celebrate progress made by children or young people and families in adopting healthier lifestyles
11. work with others in health, education, and the community to promote and sustain the health and wellbeing of children or young people
12. identify and address health inequalities impacting children or young people and families
13. create inclusive environments where families feel supported in discussing their health and wellbeing needs
14. ensure families know how to access additional support services
15. reflect on the perspectives of children or young people and families when discussing health and wellbeing choices
16. complete records and reports required for promoting the health and wellbeing of children or young people and families
17. reflect on how you carried out your roles and responsibilities to promote health and wellbeing of children or young people and families

## Knowledge and understanding

### *You need to know and understand:*

1. how to access and review evidence-based research on health promotion, including diet, physical activity, and wellbeing
2. the role of balanced nutrition and hydration in the growth, development, and long-term health of children or young people
3. the signs of malnutrition and dehydration in children or young people
4. how lifestyle choices impact on health conditions and the role of early intervention
5. the developmental importance of physical activity and outdoor play
6. how holistic approaches to healthy living includes mental health, emotional regulation, and emotional wellbeing
7. how to apply trauma informed principles to promote health and wellbeing of children or young people and families
8. how to communicate about health and wellbeing in ways that encourage and empower children or young people and families
9. how to adapt advice and support to align with diverse family backgrounds, cultures, and socioeconomic factors
10. the importance of listening to and valuing the perspectives of families when promoting healthy living
11. the importance of dignity, kindness, and compassion in supporting the health and wellbeing of children or young people and families
12. the challenges families may face in making lifestyle changes and how to provide practical, non-judgemental support
13. how to motivate and encourage families in making positive sustainable changes to health and wellbeing
14. how to use digital tools and devices to support the health and wellbeing of children or young people and families
15. the influence of neurodivergence and additional needs on health and wellbeing of children or young people and families
16. the importance of working in partnership with others to support the health and wellbeing of children or young people and families
17. local and national sources of support, including services for nutrition, physical health, mental health, and wellbeing
18. the records and reports required for promoting the health and wellbeing of

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children or young people and families

19. theories relevant to the health and wellbeing of children or young people and families

20. the relevant legal requirements, standards of practice, frameworks and guidance for promoting the health and wellbeing of children or young people and families

21. the workplace requirements for equality, diversity, inclusion, and rights when promoting the health and wellbeing of children or young people and families

22. how your personal experiences and unconscious bias may impact when promoting the health and wellbeing of children or young people and families, and how to address this

23. the role of supervision, reflective practice and learning and development in the health and wellbeing of children or young people and families

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## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD351

Promote the health and wellbeing of children, young people and families



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