

References and Resources for Further Information

Generic

Infant and Toddler Forum	https://www.infantandtoddlerforum.org/	Factsheets on healthy eating; fussy and faddy eating; growth and development; common nutrition and eating problems;
The British Dietetic Association	https://www.bda.uk.com/foodfacts/home	Foodfacts sheets on diet, behaviour and learning
NHS Scotland	http://www.maternal-and-early-years.org.uk/	Information on nutrition, oral health, physical activity and play
Public Health England Obesity	https://www.noo.org.uk/	Factsheets, data sources, knowledge update on obesity and the National Child Measurement Programme
Change4life	http://www.nhs.uk/change4life/Pages/change-for-life.aspx	Practical information on healthy eating and physical activity for children
Caroline Walker Trust	http://www.cwt.org.uk/	Publications on healthy eating and portion sizes
First Step Nutrition	http://www.firststepsnutrition.org/	Publications on healthy eating and portion sizes

Healthy eating

Children's Food Trust	http://www.childrensfoodtrust.org.uk/pre-school/eat-better-start-better	Voluntary food and drink guidelines for Early Years settings in England
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Dental health

The Dental Health Foundation	http://www.dentalhealth.org/	Child-education books and information on oral health
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Physical activity

Physical Activity Guidelines	https://www.gov.uk/government/publications/uk-physical-activity-guidelines	Factsheets on physical activity guidelines, active play ideas and sedentarism
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Constipation

NICE guideline	https://www.nice.org.uk/guidance/cg99	Constipation in children and young people: Diagnosis and management of idiopathic childhood constipation in primary and secondary care
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