

Cluster meeting: talking about 2-year- olds:

**4 February 2026
3pm – 4pm**

or

6:30pm – 7:30pm

**Laurie Johnson (Early
Year Education
Improvement and
Learning Coordinator)**

Please introduce
yourselves in the chat
with your name and the
name of your setting.



[What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf](#)

Agenda:

1. Welcome and introductions
2. Updates
 - Child development outcomes 24/25
 - The Potty Training Guide
3. Promoting healthy lunch boxes
4. Q&A
5. CPD opportunities
6. Date of next meeting



What to expect in the EYFS complete FINAL-16.09-compressed.pdf

Updates:

Child development outcomes, 2024 to 2025 statistical commentary:



[Child development outcomes, 2024 to 2025 statistical commentary - GOV.UK](#)

Early Development

- **Universal Review:** Development is assessed during the health visitor review offered to all families when a child is 2 to 2.5 years old.
- **The ASQ-3 Tool:** Assessment uses the Ages and Stages Questionnaire (ASQ-3) across five key domains:
 - Communication skills
 - Gross motor skills
 - Fine motor skills
 - Problem-solving skills
 - Personal-social skills

National Outcomes (2024–2025)

- "Good Level of Development": 81.4% of children met the expected level in all five domains.
- Year-on-Year Growth: This is an increase from 80.4% in the 2023 to 2024 period.
- Long-term Trend: Despite the recent annual increase, the national trend over the last five years remains stable

Regional and Local Disparities

Regional Range: Significant variation exists between English regions:

- Highest: Yorkshire and the Humber (85.6%).
- Lowest: West Midlands (78.0%)

Local Authority Range: At the upper-tier local authority level, achievement varied from a low of 60.3% to a high of 97.5%

Figure 2: percentage of children achieving a good level of development at 2 to 2 and a half, English regions, 2024 to 2025



The Potty Training Guide

The Potty Training Guide



The new, Government-backed guide to when and how to potty train your child

- Potty training is an important developmental step.
- Research suggests stopping all nappies (including pull-ups and training pants) between 18–30 months.
- Children should be fully out of nappies before starting Reception, unless they have a diagnosed medical condition.
- Being toilet-trained supports children's confidence, health and sense of belonging.
- It also allows teachers to focus more on learning and development rather than personal care.

Did you know?

83%

of children were out of nappies
by 18 months in the 1970s and
1980s.

Today

1 in 4

children aren't toilet trained
when they start Reception.

[The Potty Training Guide - Starting Reception](#)

Further Support...

Find guidance and support with potty training from:

- [ERIC, the Children's Bowel and Bladder Charity](#)
- [Bladder and Bowel UK](#)
- [Institute of Health Visiting](#)
- [CBeebies Parenting](#)
- [ERIC Helpline Podcast: Potty training](#)
- [Help for early years providers – Department for Education](#)

Find more information about diet for children who are potty training:

- [Ideas for what to feed over 12 months can be found here: Start for Life - NHS](#)
- [Young children and food: common questions - NHS](#)

Useful links and guidance for those with SEND...

Potty training advice and guidance specifically for families with children who have additional needs:

- [Advice about bladders, bowels and toileting for children with additional needs - ERIC](#)
- [Family Guide: Support with toileting - Dingley's Promise](#)
- [Toilet Training - Down Syndrome UK](#)
- [Toileting and autistic children - National Autistic Society](#)
- [Potty training children with additional needs - ERIC](#)
- [Potty training children with additional needs – CBeebies Parenting](#)
- [ERIC Helpline podcast: potty training children with additional needs - ERIC](#)
- [Potty and Toilet Training – Contact](#)

Promoting healthy lunchboxes:

Early Years Foundation Stage nutrition guidance

‘From September 2025, we intend to include a new requirement in the safeguarding and welfare requirements of the EYFS that providers **must** have regard to this nutrition guidance. This means providers must take this guidance into account and should follow it unless there is good reason not to.’

(EYFS Nutrition Guidance; pg4 2025)



Early Years Foundation Stage nutrition guidance

Guidance for group and school-based
providers and childminders in England

May 2025

Promoting healthy lunchboxes:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Food facts

We're here to help you be healthier and happier. Find out more about what's really in the food your family eats.



Healthier food swaps

See simple food swap ideas to help cut down on sugar, salt and fat in your family's diet – plus easy ways to make a swap when you next shop!



Snacks

It can be really difficult to know what the best



5 A Day

All you need to know about 5 A Day for the

Recipe collections



Dinner recipes

Find loads of tasty, healthier dinner recipes for mid-week meals and more the whole family will enjoy.



Lunchbox ideas

Hints and tips for healthier packed lunches, as well as lots of easy-to-prepare recipes your kids will love.



Lunch recipes

These quick, easy and varied recipes are the perfect way to make every lunch something to look forward to.

Activities to help kids move more every day

Kids need 60 minutes of physical activity each day, with at least 30 minutes of that outside of school. You don't need to buy expensive equipment or find lots of extra time to make a difference. Every bit of movement adds up to support their health and wellbeing.

How to check your child is a healthy weight

For children and young people aged 2 to 18, you can check their weight by working out their body mass index (BMI) using the [NHS BMI calculator](#).

A child's BMI tells us if their weight is right for their height, and the result is given as a centile (or percentile). For example, a healthy weight result is between the 3rd and 91st centile.

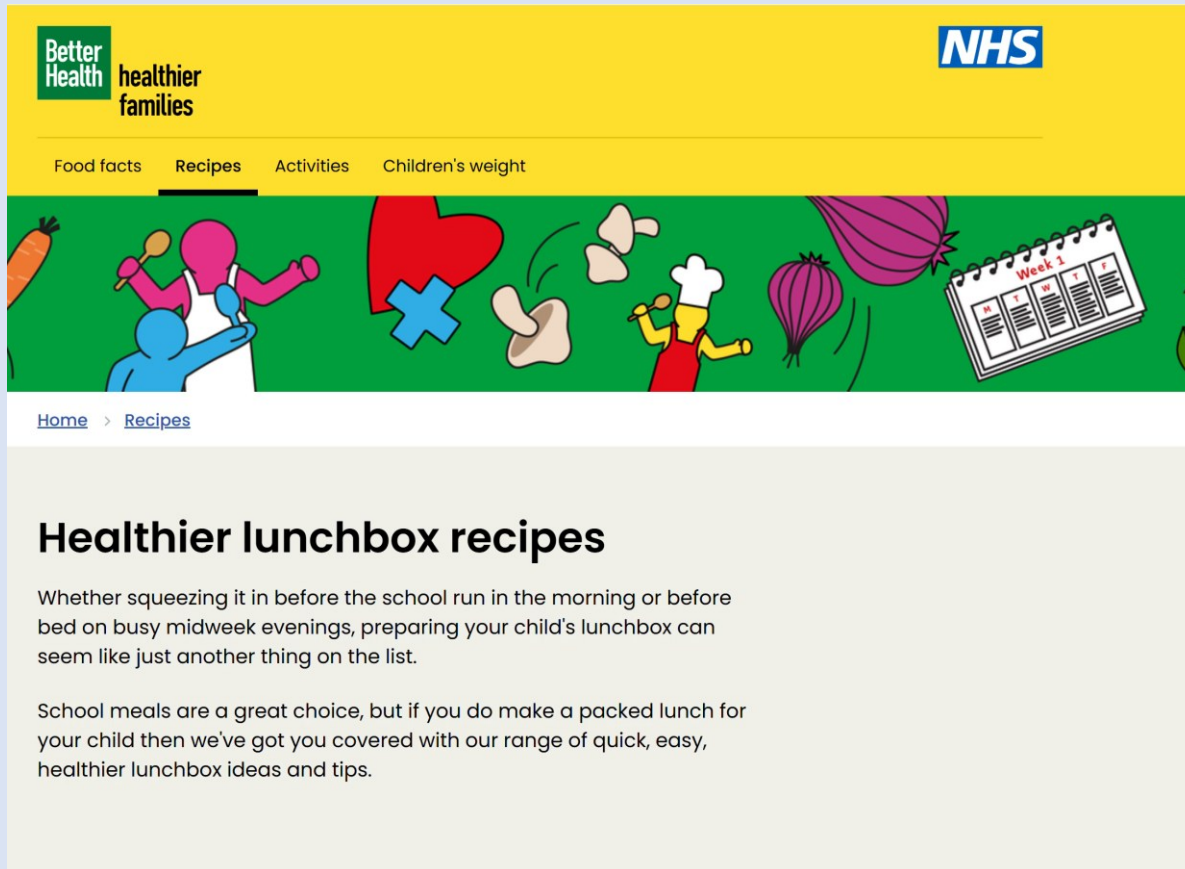
The BMI calculator takes into account age and sex, as well as height and weight.

If you are concerned about your child's weight or growth, contact a GP or school nurse.

[→ Use the NHS BMI calculator](#)



Webpage:



The screenshot shows the NHS 'Better Health healthier families' website. The header is yellow with the NHS logo on the right and the 'Better Health healthier families' logo on the left. Below the header is a navigation bar with links for 'Food facts', 'Recipes' (which is highlighted), 'Activities', and 'Children's weight'. Below the navigation bar is a colorful illustration featuring a carrot, a pink figure holding a spoon, a blue figure, a red heart with a blue cross, a chef, mushrooms, a purple onion, and a calendar for 'Week 1'. Below the illustration is a breadcrumb trail: [Home](#) > [Recipes](#). The main content area has a light beige background and features the title 'Healthier lunchbox recipes' in bold. Below the title is a paragraph of text: 'Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.' Below this is another paragraph: 'School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.'

Better Health healthier families **NHS**

[Food facts](#) [Recipes](#) [Activities](#) [Children's weight](#)

[Home](#) > [Recipes](#)

Healthier lunchbox recipes

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.

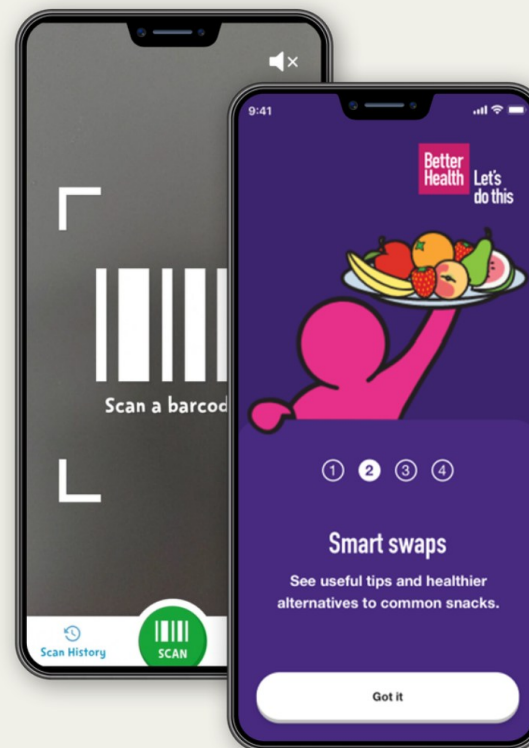
Signposting to app:



**Download the free
NHS Food Scanner
app**

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

It's as easy as scan, swipe, swap!



Other sources: Food for Life / NDNA



- https://www.foodforlife.org.uk/media/vsdfjjzo/packed-lunches-guidance.pdf?v=9wxXsl_kpUU&list=PLVVDe5yDpj6fTaOdmqgeqjiINP--chXSM



Published April 7, 2025 Written by NDNA

Nursery packed lunches: things to consider

Nursery packed lunches requires careful thought to ensure meals are safe, nutritious, and enjoyable.

- [Nursery packed lunches: things to consider - NDNA](#)

Allergens and dietary requirements

- **Allergy awareness and dietary requirements in nurseries**
- Refer to your [Allergies and Allergic Reactions Policy](#) to keep all children safe from allergens such as nuts, dairy, or eggs
- You may choose to have a peanut-free environment due to serious risk of anaphylactic shock for children with severe peanut allergies
- Ensure staff are fully aware of individual children's dietary needs and prevent cross-contamination
- Communicate with parents about any food restrictions within your setting
- Ensure seating is monitored for children with allergies
- Consider whether staff will sit with children who have allergies and, if appropriate, discuss food allergies with the children and the potential risks
- Inform parents that children's lunch boxes are checked prior to giving the contents to the children to ensure any risks from potential allergens or choking hazards are managed

Providing drinks in early years settings

- It's important to ensure you provide water at mealtimes in early years provision. The Nursery Milk Scheme entitles children under five to receive 189ml ($\frac{1}{3}$ pint) of milk each day, free of charge too, find out more about the [England/Wales Nursery Milk Scheme here](#)

Training and reminders

- Staff are made aware of the basic food hygiene standards and personal hygiene as set out in your [Healthy Workplace Policy](#)
- Refer to the [Food Standards Agency](#)
- Access [FREE Food Allergy and Intolerance Training](#)
- Complete [Level 2 Food Safety and Hygiene Training](#)
- Ensure staff supervising mealtimes have completed the full 12 hour Paediatric First Aid (PFA) certificate, which covers choking and anaphylaxis (note that the 6 hour Emergency PFA does not include anaphylaxis training)
- Regularly review your practice, discuss with your staff team how your packed lunch approach is working, and carry out parent surveys to ensure ongoing effectiveness



CPD opportunities: LinkedIn



NEWSLETTER

Early Years High 5

Early years research evidence in 5 quick reads

By Dr Julian Grenier CBE
Senior Content & Engagement Manager – Early Years a...

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Dr Julian Grenier CBE

Senior Content & Engagement Manager – Early Years at the Education Endowment Foundation | Views personal | Author | 2nd edition of...

February 1, 2026

Welcome to issue 19 of my monthly newsletter, bringing you five key research updates and helping you stay informed. All views are my own.

I was a nursery school headteacher leading Sure Start Children's Centres in England for more than twenty years. I've seen firsthand how early education and wider services which put evidence into action can support more joyful childhoods, stronger families, and a fairer start for every child. That's why I write this newsletter.

5 big research stories: the highlights

1. Children aged 2 are spending more time on screens: what's the impact?
2. Continuing increase in school-based early education providers
3. Leadership styles that support inclusive practice in the early years
4. Early years diet and physical activity programme shows no impact on children's calorie intake or activity levels
5. Interesting findings on inclusive practice from the OECD's latest report

★★★★★ **EYFS bible**
Reviewed in the United Kingdom on 17 December 2025
Format: Paperback | **Verified Purchase**
Amazing book to support EYFS, linking to all new updates. A real bible for EYFS

2nd edition out now



[Dr Julian Grenier CBE | LinkedIn](#)

Any questions?



Agenda items for the next meeting.

Cluster meeting:
talking about 2-year-
olds:

Date:

Times:



[What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf](#)

Copies of these slides can be found at:

[Early Years CPD | Shropshire Learning Gateway](#)