

Inspection Top Tips

Promoting Good Health

November 2025



Children's Homes Regulations



- (1)** The health and well-being standard is that –
- (a) the health and well-being needs of children are met;
 - (b) children receive advice, services and support in relation to their health and well-being; and
 - (c) children are helped to lead healthy lifestyles.



Regulation 10



Children's Homes Guide

7.18 The registered person should ensure that, in line with their individual health plans and the ethos of the home, ...Staff should have the relevant skills and knowledge to be able to help children understand, and where necessary work to change negative behaviours in key areas of health and well-being such as, but not limited to, nutrition and healthy diet, exercise,




Children's Homes SCCIF Key Elements

- Children are in good health or are being helped to improve their health or to manage lifelong conditions.
- Their health needs (including their oral, physical, mental and sexual health needs, as appropriate) are identified and addressed.
- They have access to local health services, including dentists, when they need them.
- The manager's arrangements for managing medication or children's complex health needs are safe and effective and promote independence wherever possible.
- Staff develop effective relationships with health professionals to promote good health.




Ofsted comment from inspection – Good home

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Children are healthy. Staff support them to meet their health needs by encouraging a healthy diet and regular exercise and attending health appointments.

Top Tips...

1. **Ensure regular opportunities for physical activity** - walking, sports, gym, outdoor play. A healthy environment models positive habits and increases the likelihood that children maintain them into adulthood.
 2. **Have an up to date health plan.** Consistent, clear planning ensures that key needs (e.g., dental checks, immunisations, CAMHS referral) are met without drift.
 3. **Promote positive mental health and emotional wellbeing.** Train staff in trauma-informed practice and attachment-aware approaches.
 4. **Maintain Robust Medication Management Systems and follow strict procedures** for storing, administering, recording, and auditing medication.
 5. **Train staff in safe handling and awareness of common medications used by looked-after children.**
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Questions to consider...

- Do all staff have medication training?
- Are health plans up to date including all visits to GP, dentist and optician?
- Are you supporting children to take control of their medication when appropriate?
- Does the culture of the home promote healthy eating and exercise?
- Do your staff model healthy behaviours?

