

Using The SMILE Score in early years

The SMILE Score* is a self-assessment tool but is easily adaptable to use with the children you care for.

Each letter in the word SMILE represents one healthy habit and counts as one point. The higher the point score, the higher the well-being on that particular day.



The Smile Score can be used at any time of the day. The lower the score, the more attention you need to pay to how you are supporting the child and their well-being.

S is for Sleep

Has the child had enough sleep? Are they in need of a nap? How was the quality of their sleep? Have you spoken to parents about their night's sleep?

M is for Move

Has the child moved their body today? Have they accessed the outdoor area? Has there been an opportunity to dance? How much movement have they had? For non-mobile children, have they had tummy time and active time?

I is for Inhale, Exhale

Has the child been breathing properly today? How is the quality of the air they are breathing, for example outdoors in the fresh air? Have they relaxed and slowed their breathing down?

L is for Love and Connect

Has the child been cuddled today? Have they received positive touch? Have they connected with peers and adults? Have they been praised and encouraged? Have they been seen and heard?

E is for Eat to Nourish

How much sugar has the child had today? Have they eaten their recommended intake of fresh fruit and vegetables? Have they eaten enough? Have they eaten too much? Have they digested their food correctly? Have they had balanced meals?

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