

What's coming up?

National Tree Day

30th July for services, 1st August for community: Encourage families to plant a tree, consider planting one at your service!

Dental Health Week

2 – 8 August: Promote teeth cleaning, drinking water and the importance of calcium! There are many ways to explore dental health with kids and families.

Fruit & Veg Month

23 Aug – 17 Sept: Join schools in the fun of celebrating Fruit & Veg Month. Set a challenge for families to include at least one vegetable in lunchboxes each day or have a taste testing session!

Upcoming Events

World Breastfeeding Week (1st – 7th August) Raises awareness of the health and wellbeing benefits of breastfeeding and draws attention to the importance of supporting mothers to breastfeed for as long as they wish.

Research tells us that breastfeeding provides both immediate and long term health benefits for mother and baby. Reflect on how you support breastfeeding at your service and consider in the following;

- On first contact, let parents know how the service supports breastfeeding.
- Give families breastfeeding information.
- Have a quiet, comfortable and clean place for mothers to breastfeed or express milk.
- Work with families to put together an individual support plan for mother and baby.
- Ensure policies are in place and up to date for the safe storage, heating and handling of breastmilk.

Be sure to display a 'Breastfeeding Welcome Here' sticker so everyone knows you support breastfeeding. The sticker is available to order on the Munch & Move order form (on the Munch & Move website)

**Breastfeeding
Welcome Here**



Australian Breastfeeding Association
www.breastfeeding.asn.au

Educator Training



Fuss Free Mealtime Webinars

Join us for a 2 part webinar series for staff that explores the research behind fussy eating, practical strategies to help children learn to like foods, and effective ways to communicate with families.

Part 1: **Practical strategies for fussy eaters**

3rd August 7-8pm

- Research and strategies used with fussy eaters (Dietitian Karina Savage)
- Nutrition learning experiences to promote adventurous eaters (ECTARC)

Part 2: **Communicating with families** (ECA)

18th August 3:45-4:45pm

- Adult communication styles
- Practical strategies to use for fussy eating and lunchbox conversations

Registration details are on the flyer attached to this newsletter, or

- Go to: <http://healthupnorth.info/FFM> , or
- Contact Maxine (details at end of this newsletter)

Physical Fun for Little Ones

If you missed this webinar, you are welcome to click on the link below to access a recording.

<https://youtu.be/PGq3DWMGS0E>

NOTE: Two parent webinars on Fuss Free Mealtimes are also available – see attached posters.

Please display in your foyer for parents to register.



Win a \$240 Healthy Harold Voucher for your Service*

Would you like Healthy Harold to visit your service? Complete the free online **Munch & Move eLearning** program and your service will go in the draw to win one of 20 Healthy Harold Vouchers each worth \$240!

The Munch & Move training has videos, interactive activities and reflective practice questions to provide educators with knowledge, resources and ideas to embed healthy eating and physical activity into daily routines. It is self-paced (on average, it takes approximately 3 hours) and can be completed over multiple occasions. The reflective practice questions are compiled into a 'toolkit' which can be saved and printed for services to use with their Quality Improvement Plan and service planning.

There will be two monthly draws – end August and September. Complete the training early to be in each draw. The more staff who complete the training, the more entries for your service!

To register visit www.munchandmove.com.au

Please note that registrations take up to two business days to be approved. Once approved, participants will receive an email to say they can login and begin.

Contact Maxine for more information (details at end of this newsletter)

*Services in Northern NSW Local Health District only



Harold's Healthy Play Day

Exploring the role of food and drinks, physical activity, hygiene and rest in our lives.

ACECQA 'Quest for Quality' Game

Quest for Quality is a trivia-style game for educators on the seven quality areas of the National Quality Standard (NQS). It brings fun into professional discussions and critical reflection, and tests knowledge of the NQS. The cards can be printed from the ACECQA website.

Quality Area 2 'Children's Health and Safety' can be used to reflect on how your service embeds Munch & Move into its core business. This activity involves

walking, but there are fun true \ false or multiple choice questions too.

Consider playing the game at each staff meeting. Maybe create teams and see who gets the most points over the year!

2 Activity



Take a walk around the service and observe how healthy eating is promoted, using your device to take a photo of an example.

Return to the group and discuss each educator's photo:

- Does your service promote healthy eating in a variety of ways?
- Is the promotion of healthy eating directed towards adults or children? Or both?
- What are some other ways that your service could encourage healthy eating?

Developmental Building Blocks

Working towards Fundamental Movement Skills

Unsure of what to plan for children who aren't quite ready for fundamental movement skills? Never be short of ideas again!

These [posters](#) have 80+ activities on stability & static balance, upper body strength & manipulative & locomotive skills to support child development. If your service doesn't already have copies, contact your support officer (listed at the end of this newsletter).



Fuss Free Mealtimes

'Fuss Free Mealtimes' is a set of resources to support educators, families and carers through a child's eating journey. Learning to eat is an important stage where children develop fine motor skills and independence, and discover the taste, texture and smell of foods. Learning to eat takes time and practice. Each child's eating journey can be quite different. Adults need to be patient with children and help them to learn.

Many things guide children's eating. This includes the mealtime environment and communication, and their social, emotional, physical, sensory, oral and cognitive development. Eating new food is a skill that is learned gradually. Promoting positive mealtime environments and supporting children to build healthy relationships with food helps them develop lifelong healthy eating habits. Early learning services play a big part in this.



It's important not to label a child as a 'fussy eater'. Labelling a child as anything can put them into 'a box'. Children can repeatedly hear 'their label' and often start to believe and behave like it, and others can treat them according to the label.

Across the whole service there are ways educators can support children to become healthy eaters. These include; sitting and eating with children and enjoying a variety of foods together, using positive language about food, reinforcing the idea of 'don't be rude to food' to limit negative food discussions, involving children in mealtime and food preparation and using stories, role play, gardening and craft as opportunities to explore food.

The Educator Resource provides information to help educators talk to families about their children's eating habits. It also has practical ways to promote a positive mealtime environment at your service. It has ideas on nutrition learning experiences and provides a range of strategies that can be trialled.

Contact your Munch & Move support officer for a copy or to come to a staff meeting to discuss this issue.

Book Nook

The Lighthouse Keepers Lunch by Rhonda and David Armitage

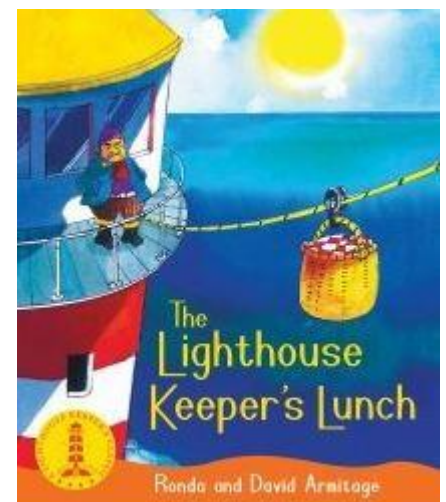
Themes: Nutrition, Food, Sharing

Book Brief: Mr Grinling is the lighthouse keeper. Mrs Grinling makes her husband a delicious lunch, but the seagulls keep eating it before she can get it across to reach him. After several failed attempts, she finally foils the pesky birds with mustard flavoured sandwiches!

While We Read: The lunch is 'delicious', discuss what this word means. Ask the children to think about if Mr Grinling will be hungry before his lunch? How do you know when you are hungry? Do they think the seagulls are hungry too?

Illustrations: Draw attention to the illustrations. Ask if they have seen lunch delivered in this way. Have they seen seagulls stealing people's food before, if so where and what were they eating?

After: Ask the children what would they put in their lunchbox to make it 'delicious'. As a group ask them to come up with a set of instructions on how to make a delicious sandwich for a lunchbox. The lunch was 'devoured' by the seagulls. Discuss what devoured means and make a list of words that show different ways that people can eat their food.



Mini Moves – Hopping

Get moving with **MINI MOVES**

Kanga Hop

Hop like a Roo but watch out Joey's. Don't get caught!

5. Select one child to be the King Roo (tagger), all other children are Joeys
6. Children hop around like Joeys whilst the King Roo hops around the group trying to tag the Joeys.
7. When a child gets tagged they have to balance on one leg. They can join in again after they count to five.
8. To give children a rest call out "in the pouch", children curl into a ball on the ground.
9. Choose a new King Roo and continue the game, asking children to swap legs.

KANGA Hop Hopping

Hop like a Roo, but watch out Joey's. *don't get caught.*

Equipment:
Not required.

Where to play:
 Outdoors
 Indoors

Age:
Preschoolers (3 to 5 years).

What does the game look like?

KEY:
 Joeys
 King Roo
 Hopping area

MINI MOVES Health Northern Sydney Local Health District

DOWN the Rabbit Hole Hopping

Hop, hop, hop to your rabbit hole to stop.

Equipment:
Mats.

Where to play:
 Outdoors
 Indoors

Age:
Preschoolers (3 to 5 years).

What does the game look like?

KEY:
 Children hopping Mats

MINI MOVES Health Northern Sydney Local Health District

Down the Rabbit Hole

Hop Hop Hop to your rabbit hole to stop!!

1. Arrange mats in an open space and tell children the mats are rabbit holes
2. Instruct children to hop like a rabbit, on one foot, based on Educator's instructions
3. Children move around the area following the instructions given
4. End the game with the instruction "hop into a rabbit hole. Goodnight!"

Sample instructions: Hop over a rabbit hole. Hop to another rabbit hole. Hop on left leg to a different rabbit hole. Hop on right leg to a different rabbit hole. Hop into the rabbit hole.

Contact Us – we are here to help!

Contacting your local support officer

Remember to contact us if your service needs support with implementing Munch & Move

Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson Britney McMullen Rachel Adam	6620 7668 6620 7201 6620 7455	martina.pattinson@health.nsw.gov.au britney.mcmullen@health.nsw.gov.au rachel.adam@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au

