

Term 4, 2023 Munch & Move

What's coming up?

National Water Week

16 – 22 October: The 2023 National Water Week theme is *United by Water* and celebrates water's vital role in connecting us all. National Water Week reminds everyone that water must be used wisely. As the weather warms, use this week to promote the importance of choosing water as a drink.

National Nutrition Week

15 – 23 October: 'Try for 5' is Nutrition Australia's annual campaign to encourage Australians to eat more vegetables. Use the [Be a Veg Explorer](#) resource for ideas and exciting learning experiences to try at your service.

National Children's Week

21 – 29 October: The theme for Children's Week 2023 is that children have the right to relax, play and take part in activities they enjoy. Showcase children's talents and abilities through dance, games and other physical activities.

National Recycling Week

13 – 19 November: *Waste isn't Waste until it's Wasted.* This year's recycling week is all about quality over quantity. It includes a focus on giving older resources a second life. Does your service or families have any waste items that can be recycled for play?

Manager's update

Welcome to our Term 4 2023 newsletter. We are excited to host a Munch & Move workshop in November.

This will be a fantastic opportunity to network with other services and reconnect with you all. See link to register below. Please feel free to reach out to your local support officer for assistance.

We look forward to continuing to work with you in 2024. Have a safe and happy festive season.

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Educator Training

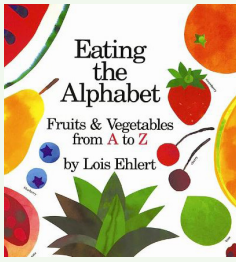
Join us for a Munch & Move professional development day on Wednesday 8 November in Ballina. The day will be practical, motivating and provide an opportunity for educators to upskill in the areas of fundamental movement skills, traditional indigenous games, supporting children on their food journeys, yoga and mindfulness and nature play. A session on embedding First Nations perspectives will support integration of the new Early Years Learning Framework, and the facilitated planning session will

help you to plan Munch & Move activities for 2024.

Limited spaces available so don't wait! [Click here](#) for more information or scan the QR code to register.



Book nook



Eating the Alphabet by Lois Ehlert

Themes: fruits and vegetables, foods from around the world.

Book brief: This alphabet book is all about fruits and vegetables from around the world. From the common banana to the exotic kohlrabi, apricots to avocados and yam's to zucchinis. It is a colourful and vibrant celebration of delicious, mouth-watering fresh foods.

While you read: Point to each fruit or vegetable as you read it aloud. Ask children, 'do you know this one?' 'Have you tasted it?' Keep moving through each item on the page This way the children will hear that they all start with the same letter.

Illustrations: The lively watercolours make this book a visual feast. Discuss the different features of each fruit or vegetable that can be seen through the illustrations. Ask, 'what colour is it?' 'How do you think it would feel if you could touch it?' 'Can you see seeds on the inside?' 'If not, do you think there would be seeds inside?'

'What else can you see about this item e.g., for the beet, the leaves are green but the vegetable is purple'.

After reading: A glossary at the end of the book includes more information about each fruit and vegetable. It can be used for further discussions about the origin or history or how it is grown and eaten. Ask children to identify a fruit or a vegetable they would like to investigate further as a group. Research it over a few weeks. If one can be purchased locally, investigate it using the children's five senses. What does it feel like, smell like, sound like, look like and taste like?

Fundamental Movement Skills



Skipping with Holly the Horse

To warm up, start with 'Who can skip like Holly the Horse?' Spread children out and ask, 'who can skip in a straight line?' Try skipping in a circle, fast, slow or in a zig-zag pattern while singing 'Here we go round the mulberry bush'.

Game – Fruit and Vegetable Relay Race

Equipment

- Picture of five or six letters of the alphabet (different letters for each group)
- 3-4 baskets with pictures of fruits and vegetables that start with the letters you have selected (at least

two starting with the same letter)

- Blu-tac or another fastener.

Set up

- Display the letters on a wall or fence
- Set baskets at the other end of the room
- Split children into groups and line them up behind each basket.

Playing the game

- Children at the start of each line randomly select a picture of a fruit or vegetable from the basket
- The children skip towards the letters and stick their picture of the fruit or vegetable that begins with that letter on the wall.

- Once each child has stuck their picture on the wall, they skip back to their group and tag the next child in line to repeat the process
- The first group who finishes all the pictures in their basket wins! Check that the groups have matched their fruits and vegetables according to the letters.

Remember to use your FMS lanyard for details of what a skip should look like! You could also watch the [FunMoves](#) video clip (takes 1 min!).

Find more skipping games in [Franky and Friends](#) on the Munch & Move webpage.

The importance of the First 2000 Days

All services, including preschools, have an important role in supporting mothers to continue to breastfeed.

The first 2000 days of a child's life are an important time for the development of physical, social and emotional wellbeing. What happens in this time can shape a child's future.

Breastfeeding is the healthiest start to life. Breastmilk is the ideal food for babies' growth and development. It provides all the nutritional requirements for babies to around six months of age. Breastfeeding provides many benefits for mothers as well as infants, both now and into the future.

Benefits of breastfeeding include:

- It is safe, convenient, comes pre-warmed and is free
- Encourages development of healthy gut flora and immune system, which protects from illness
- Decreases risk of a range of infections including respiratory and middle ear, and diarrhea and vomiting
- Decreases risk of sudden infant death syndrome
- Links to lower rates of allergies in children
- Improves cognitive development
- May reduce the risk of childhood, adolescence and adult obesity
- Reduces risk of chronic diseases like Type 2 diabetes, heart disease and stroke in later life
- For mother - can help recovery from birth and may help mothers return to their pre-pregnancy weight. Reduces mothers' risk of some cancers.

It is recommended that babies be exclusively breastfed until six months of age, when solid foods are introduced. It is further recommended that breastfeeding continue until 12 months of age or beyond, or for as long as the mother and child wish. However, breastfeeding is not always possible, and many women experience a number of challenges. Support from professionals, family and friends

can benefit all mothers in choosing what is best for them. Each family's decision should be accepted and respected.

Where infants are not breastfed, or are partially breastfed, a commercial infant formula should be used as an alternative to breastmilk until 12 months of age. Infant formula needs to be prepared according to its instructions. The scoop from each pack should be used to ensure the correct quantity is mixed. Soy and goat's milk-based formulas are not recommended for infants, unless on medical advice.

Safe food handling of expressed breastmilk and formula should be followed. This includes cleaning and disinfecting bottles and equipment.

Environments that support mothers to breastfeed are important. They can help to increase the number of women breastfeeding (both fully or partially) up to 6 months. Early childhood education and care services are a key setting to support women to breastfeed.

More information about breastfeeding can be found at the following sites:

- Australian Breastfeeding Association - breastfeeding.asn.au/
- Tresillian - tresillian.org.au/
- Munch & Move - sample breastfeeding policy and other resources. healthykids.nsw.gov.au/munch-move-resources/

What can services do?

Preschools, long day care and family day care services can support families and staff who choose to breastfeed in the following ways:

- Ask families about breastfeeding at the time of first contact or enrolment and provide a copy of the service's breastfeeding friendly policy
- Offer reliable information on the benefits of breastfeeding to all families, including those looking to enrol at the service.
- Let parents know that the service is supportive of receiving expressed breastmilk or visits from mothers during the day to breastfeed
- Provide mothers with a private, clean and quiet place to breastfeed their infants or express breastmilk. This includes mothers who have a baby that may require feeding while dropping an older sibling off
- Work with each parent to create a tailored support / feeding management plan for their baby. See [Munch & Move Breastfeeding Support Plan](#)
- Orientate new staff to the breastfeeding policy and offer appropriate training
- Ensure educators who look after babies have the skills and knowledge to safely store, warm and feed infants expressed breastmilk, or to mix formula.



Breastmilk status	Room temperature (26°C or lower)	Refrigerator (5°C or lower)	Freezer	TIPS
Freshly expressed into sterile container	• 6-8 hours Refrigerate if possible	• No more than 72 hours • Store at back where it is coldest	• 2 weeks in freezer compartment inside refrigerator (-15°C) • 3 months in freezer section of refrigerator with separate door (-18°C) • 6-12 months in deep freezer* (-20°C)	<ul style="list-style-type: none"> • Transport milk in an insulated container • Ensure milk is named and dated when placing in fridge • Use the oldest milk first • Only warm the milk needed • Thaw or warm in warm water (do not microwave or reheat) • Freshly expressed breastmilk should be cooled in the fridge before being added to other chilled or frozen breastmilk
Previously frozen, thawed in refrigerator but not warmed	• 4 hours or until next feed	• 24 hours	• Do not refreeze	
Thawed outside refrigerator in warm water	• Only for current feed • Throw away any unused milk	• 4 hours or until next feed	• Do not refreeze	
Infant has begun feeding	• Only for current feed • Throw away any unused milk	• Throw away unused milk after feed	• Throw away unused milk after feed	



A focus on festivities!

It's a festive time of year and a good opportunity for children to engage with fun activities. Here are a few ideas to consider at your service.

Festive Activity – Toss the parcel

Create an opportunity for children to practise their overarm throwing. The game can be played inside or outside.

- Draw a very large Christmas tree on cardboard (use an old box if available). Cut out several large holes that balls can be thrown through (be sure the holes are bigger than the balls).
- Decorate the tree
- Place a mark on the ground at the desired distance from the tree
- Children take turns standing behind the line and try to toss

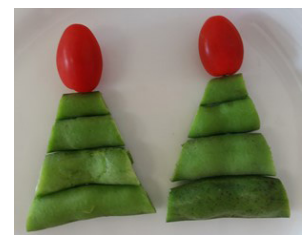
the 'snowballs' through the holes. Several children can play at a time. You may like to leave this activity set up for children to use during December.

Be sure to demonstrate the over arm throw to children. Have fun!



Festive Food – Easy ideas for hands on food preparation

There are endless opportunities to incorporate healthier nutrition learning experiences for children during festive times. Consider strawberry Santa's, a vegetable or fruit Christmas tree or some Santa crackers (using cheese, tomato and currants) with your children. Cheese reindeers can also be fun to make. Invite families to a shared afternoon tea where the children can showcase what they have made. Be sure to use ingredients suitable to the cultural and dietary needs of the children at your service.



Contacting your local support officer

Remember to contact us for support with implementing Munch & Move

Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
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Richmond Valley	Martina Pattinson/ Corinne Martin	6620 7668	martina.pattinson@health.nsw.gov.au corinne.martin@health.nsw.gov.au
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Issue 4 -2023
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