

Early Childhood Resources for Professionals & Families

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Public Health Services



**TAP INTO
WATER
EVERYDAY**



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**



**LIMIT
'SOMETIMES'
FOODS**



**MOVE,
PLAY
AND GO**



**TURN OFF,
SWITCH
TO PLAY**



**STRIDE AND
RIDE**



**HEALTH
PROMOTING
SERVICE**

What is Move Well Eat Well?

A whole of service framework to promote ***healthy eating*** and ***active play*** for children everyday.

- A **free** Award Program available to Tasmanian early childhood services and Primary schools.
- Provides resources and support for the Early Years Learning Framework outcomes.
- Helps services meet National Quality Standards.
- Incorporates the ***Australian Dietary Guidelines (2013)***, the ***Australian 24-hour Movement Guidelines for the Early years - Birth to 5 years (2017)***, and the ***Infant Feeding Guidelines (2012)***.

Move Well Eat Well

What makes it different to other health programs?



A whole of service approach, not a “one off” event.



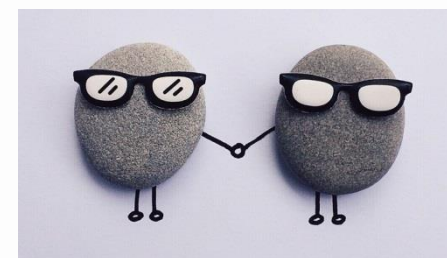
Positive messages that become normal and easy for all children – part of the service culture.



The Award framework helps make messages consistent.



Builds links between services, families, and communities.



The Program provides Orientation, support, resources and ideas.

Move Well Eat Well

Healthy Eating & Physical Activity/Active Play

- Optimal learning and increased concentration
- Better self esteem and body image
- Encourages confidence and Independence
- Promotes social skills
- Improved mental health, mood and behaviour
- Increased fitness and energy to play
- Healthy teeth and strong bones
- Healthy growth and development
- Reduced lifelong health risks

The good news

- **Long term health outcomes are improved by healthy behaviours** like moving more and eating more vegetables and fruit, and it is best when healthy behaviours start early in life.
- **ECECS are ideal settings to promote healthy eating and active play** habits to children, staff and families.
- **FREE resources are available** for Directors, Educators and Families across Australia
- **The *Move Well Eat Well* - Early Childhood Award Program** is based on the **World Health Organisation's Health Promoting Schools Model** and was adapted to meet the needs of different socio-economic, geographical and cultural environments.

Move Well Eat Well



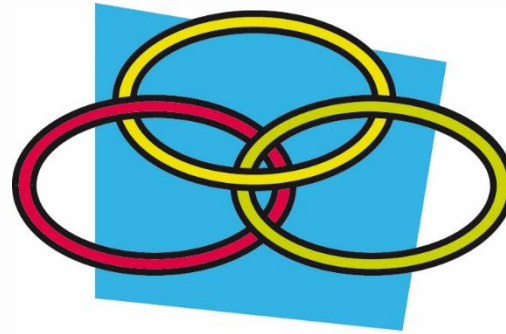
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STRIDE AND
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Free resources examples

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[Physical activity questions](#)
[Healthy Young People](#)
[Tools and Resources](#)
[Research](#)
[Partnership](#)
[Contact Us](#)

Contact Us
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Fax: 03 6173 0825
movewelleatwell@dhhs.tas.gov.au
Young People's Health
Phone: 03 6166 0630
Email: yph@dhhs.tas.gov.au

Move Well Eat Well



Children and Young People

Move Well Eat Well is a Tasmanian government initiative that supports the healthy development of children and young people by promoting physical activity and healthy eating as a normal positive part of every day. [More about us...](#)

- Early childhood services
- Primary schools
- Young people's health
- For families**
- Health and community workers

Facebook

Move Well Eat Well Primary School Award Program
about 3 weeks ago

7,031 Views

Department of Health, Tasmania
Government Organization · 8,770

Move Well Eat Well

Families



Looking for information on healthy eating and physical activity?

Click on the icon buttons at the bottom of the page to find information.

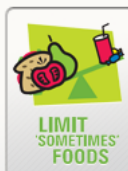
For information about the *Move Well Eat Well* Award Program, click on the questions directly below.

▼ Does your child go to a *Move Well Eat Well* Early Childhood Service or Primary School?

▼ What do Early Childhood Services and Primary Schools have to do?

▼ What are *Move Well Eat Well*'s six healthy messages?

▼ What is the role of families in *Move Well Eat Well*?



Move Well Eat Well

POPULATION HEALTH SERVICES

Think before you drink

Water

1 glass (250ml)
= no added sugar



Milk

1 glass (250ml)
= no added sugar

Limit sweet drinks...

Flavoured milk



1 glass (250ml)
= 3 teaspoons added sugar

Sports drink



1 glass (250ml)
= 4 teaspoons added sugar

Water cordial



1 glass (250ml)
= 4.5 teaspoons added sugar

100% fruit juice



1 glass (250ml)
= 5 teaspoons added sugar

Fruit drink



1 glass (250ml)
= 6.5 teaspoons added sugar

Blackcurrant cordial



1 glass (250ml)
= 7 teaspoons added sugar

Soft drink



1 glass (250ml)
= 7 teaspoons added sugar

Energy drink



1 glass (250ml)
= 7 teaspoons added sugar

Department of Health and Human Services



Website www.movewelleatwell.tas.gov.au

Move Well Eat Well



First Foods Recipes

Starting solid foods

At around six months, babies need to start on solid foods.

Breast milk or infant formula is still baby's most important food for the first 12 months.

Babies need solid food to:

- learn how to chew and swallow
- learn about different tastes and textures
- grow.

Start with foods high in iron

Babies need iron to grow healthy and strong.

Foods high in iron include:

- meat, poultry and fish
- cooked legumes and tofu
- infant cereals with added iron.

How to make baby's first foods

Make your baby's first solid foods at home from the food you make for your family to eat. Just leave out sugar and salt.

Use a food processor or stick blender to puree the food to make it smooth and runny.

Always check the temperature of food before giving it to your baby. The food should be around room temperature.

These recipes make enough to freeze and store for about four to six meals depending on your baby's appetite.



Steak puree

100 g lean red meat like rump steak

1 teaspoon olive oil for cooking

½ cup cooked vegetables

cooled boiled water for blending

What to do

1. Cook the meat in oil in a non-stick pan or grill. Cook on both sides for about 5 minutes (check it is no longer pink on the inside).
2. Remove from the heat and rest for 5 minutes.
3. Slice meat finely and then blend with the cooked vegetable until smooth. Add a small amount of cooled boiled water to get a smoother texture.

Move Well Eat Well

PUBLIC HEALTH SERVICES

Lunchbox snack ideas...

Choose snacks that are made from everyday foods from the five food groups. The five food groups are:

- 1 Vegetables
- 2 Fruit
- 3 Grain (cereal) foods, mostly wholegrain or high fibre
- 4 Lean meats and poultry, fish, eggs, tofu, nuts and seeds,* and legumes/beans
- 5 Milk, yoghurt and cheese.

* check your childcare or school policy

SWAP → **FOR** ✓

Chips for rice cakes

Savoury biscuits for vegetable sticks and dip

Chocolate dessert for fruit and yoghurt

Jellied fruit for chopped fresh fruit

Lollies for sultanas and cheese

Roll-up for grapes

Cupcake for vegetable muffin

Muesli bar for fruit bread

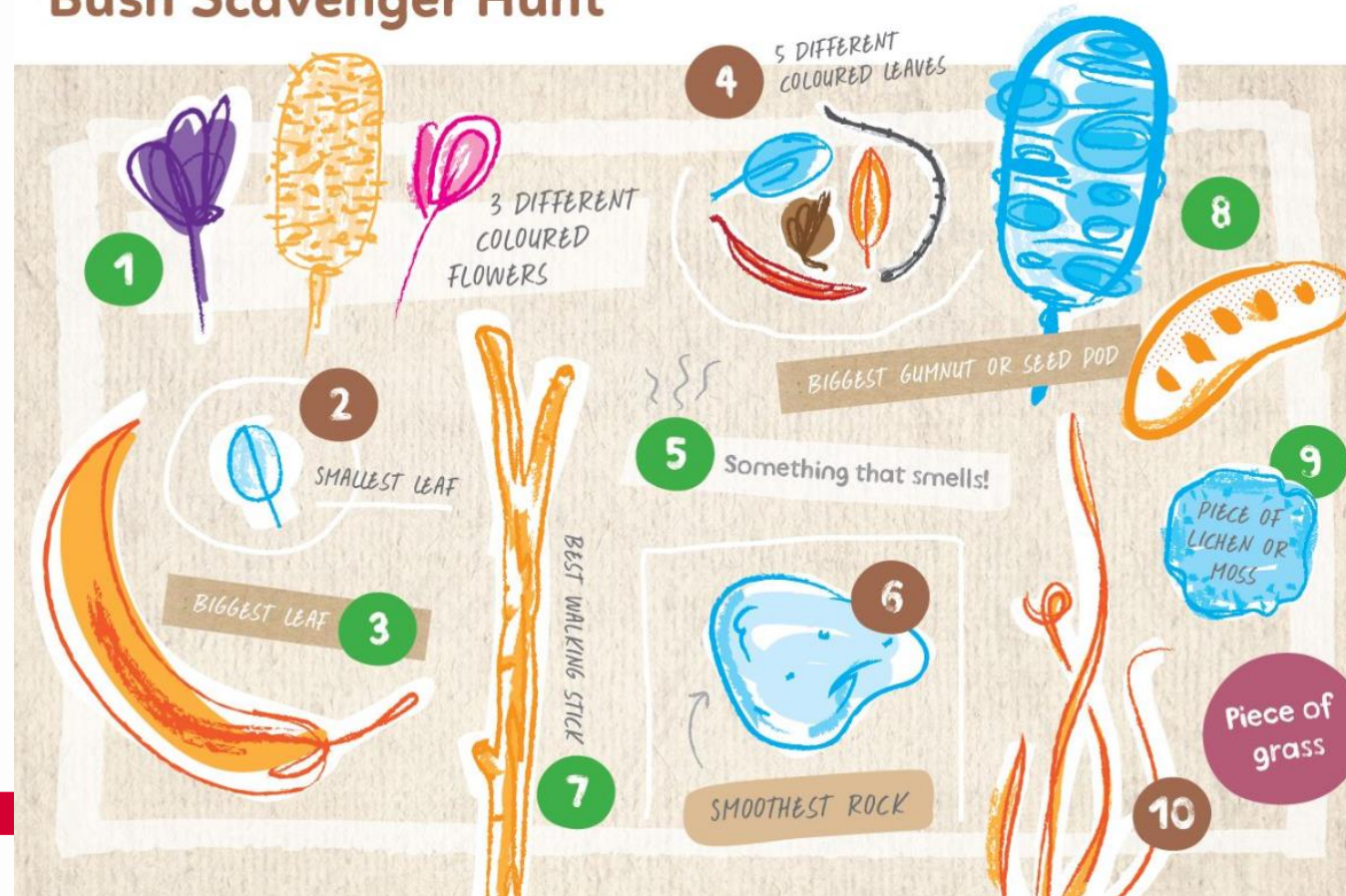
For more information: www.movewelleatwell.tas.gov.au/families

Department of Health and Human Services

Tasmanian Government

Move Well Eat Well

Bush Scavenger Hunt



[Children's activity infographics and posters](#) - why kids should be active and how to help get them active!

Move Well Eat Well



Move Well Eat Well

Swap screens for active play!

Start small - swap screens like TV or tablets in your household once per week with...

- **Active books/rhymes** - read, sing and move with your child.
- **Music** - dance, jump and play music and move to the beat.
- **Treasure hunt** - hide non-food items around the house.
- **Target time** - let your child throw balls/soft toys into boxes.
- **Household chores** - children can help water the garden, hand pegs for the clothes or put away groceries.
- **Active toys** - your child can ride a bike/trike or use a trolley or cart to transport toys around.
- **Stacks** - give your child blocks or small boxes to make towers.

This is a Healthy Tasmania initiative 2017

For more information and for family ideas visit:
www.movewelleatwell.tas.gov.au/families

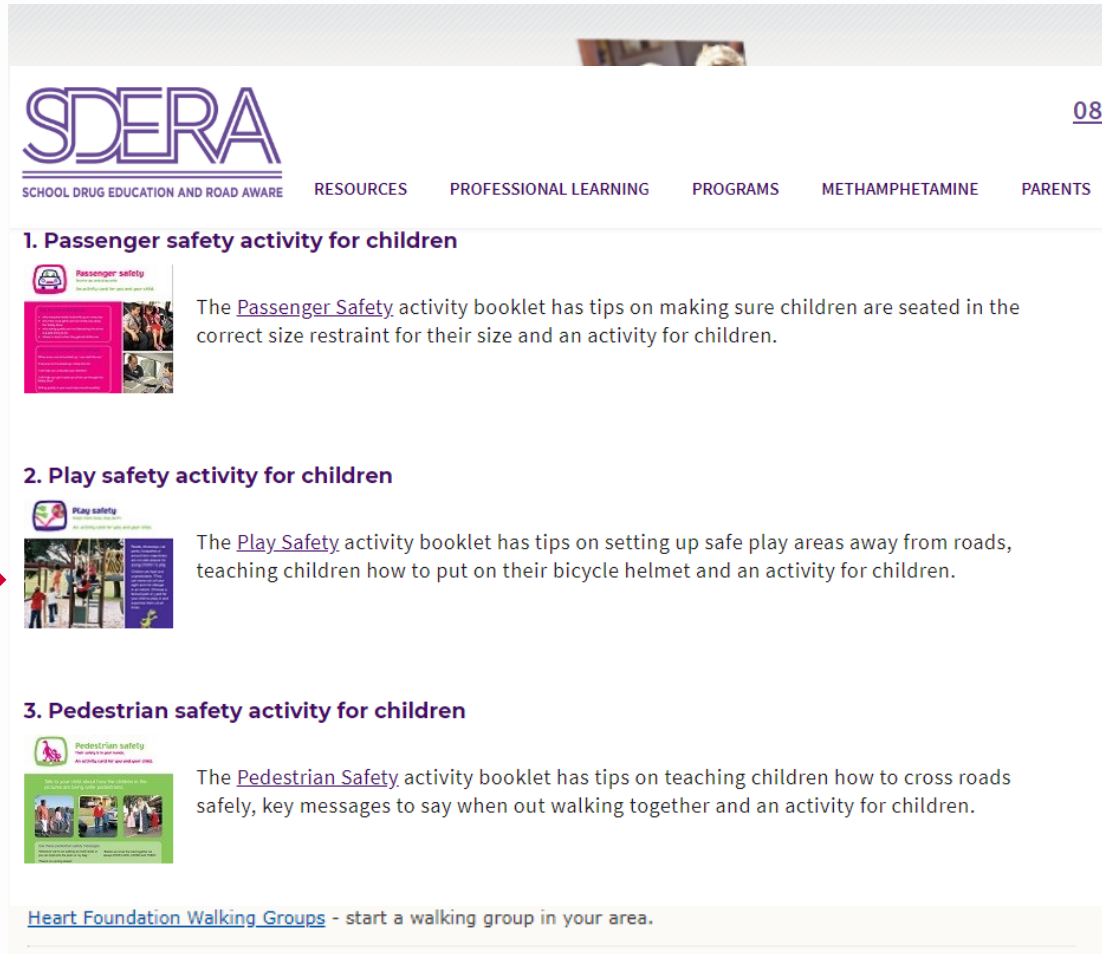
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Tasmanian Government

Website www.movewelleatwell.tas.gov.au

Move Well Eat Well



SDERA
SCHOOL DRUG EDUCATION AND ROAD AWARE

[RESOURCES](#) [PROFESSIONAL LEARNING](#) [PROGRAMS](#) [METHAMPHETAMINE](#) [PARENTS](#)

1. Passenger safety activity for children

The [Passenger Safety](#) activity booklet has tips on making sure children are seated in the correct size restraint for their size and an activity for children.

2. Play safety activity for children

The [Play Safety](#) activity booklet has tips on setting up safe play areas away from roads, teaching children how to put on their bicycle helmet and an activity for children.

3. Pedestrian safety activity for children

The [Pedestrian Safety](#) activity booklet has tips on teaching children how to cross roads safely, key messages to say when out walking together and an activity for children.

[Heart Foundation Walking Groups](#) - start a walking group in your area.

Online Training

Food and Movement in ECEC services Training module

- FREE for all EC educators and students to update their knowledge.
- This resource is the result of strong collaboration
- The training is based on national guidelines with practical advice on how to apply these daily
- Each section is 45 – 60 mins each and the module is interactive with quizzes and videos.
- Access the online training at <https://dhhs.sproutlabs.com.au/login/index.php>


Online Training

Health Learning Online

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Courses ▶

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Tasmanian Department Of Health

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Log in

! Your session has timed out. Please log in again.

Username / email

Password

☐ Remember username

Log in

[Forgotten your username or password?](#)

Cookies must be enabled in your browser ⓘ

Some courses may allow guest access

Log in as a guest

Is this your first time here?

Hi! For full access to courses you'll need to take a minute to create a new account for yourself on this web site. Each of the individual courses may also have a one-time "enrolment key", which you won't need until later. Here are the steps:

1. Fill out the [New Account](#) form with your details.
2. An email will be immediately sent to your email address.
3. Read your email, and click on the web link it contains.
4. Your account will be confirmed and you will be logged in.
5. Now, select the course you want to participate in.
6. If you are prompted for an "enrolment key" - use the one that your teacher has given you. This will "enrol" you in the course.
7. You can now access the full course. From now on you will only need to enter your personal username and password (in the form on this page) to log in and access any course you have enrolled in.

Help / Support

Your confirmation email should arrive within 5 minutes - if you have not received a confirmation:

- Check your email spam folder in case it has been accidentally treated this way
- Contact support to request manual confirmation:
 - [E-mail us](mailto:Imssadmin@health.tas.gov.au) at Imssadmin@health.tas.gov.au

Create new account

Online Training



Health Learning Online


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[Malnutrition in older people](#)

[Food & Movement](#)


Welcome to the Department of Health and Tasmanian Health Service online learning portal.

 Finding and Enrolling in Courses

 Help / Contact Us


Course categories

0 - 2

RTO
CONNECT


RTO Connect THS
Southern Region

11




Students &
Volunteers

0




TtP Nursing
eAssessment

5




Community and
Cultural Care


1




2



1



0 - 1



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Online Training

Physical activity

Menu


- Physical_Activity_20190123
 - welcome
 - topics
 - reflection
 - participation
 - benefits of activity
 - question 1
 - movement skills
 - how to encourage movemen...
 - movement skills in the early...
 - role of the Early Childhood ...
 - standards and frameworks
 - national guidelines
 - question 2
 - question 3
 - question 4
 - how can babies be active?
 - active play from birth
 - active play to one year
 - encourage babies to be phy...
 - practical activities for infant...
 - physical activity for toddler...
 - active play for toddlers
 - active play for pre schoolers
 - encourage toddlers and pre ...
 - physical activity for school ...
 - encourage school age childr...
 - sedentary behaviour
 - question 5
 - why children need movement
 - question 6
 - question 7
 - limiting sedentary behaviou...
 - question 8

Physical activity-20190710

Resources

Topics covered

- Children and movement
- The 24 hour movement guidelines
- Physical activity and movement skills
- Encouraging children to be physically active
- The relationship between physical activity/ sedentary behaviour and sleep
- Sedentary behaviour and screen time
- Limiting sedentary behaviour



< PREV

NEXT >

Online Training



Online Training

Food safety

Menu

▼ Food_Safety_20190123

food safety

food safety

why does it matter

regulations

question 1

food contamination

food contamination

temperature danger zone

question 2

question 3

question 4

food handling

hand washing

hand washing 2

health of staff

question 5

question 6

question 7

question 8

frozen breast milk

question 9

preparing infant formula

question 10

question 11

question 12

summary video

resources

finish


Food safety

Resources

Sick staff member

Jenny is feeling a bit sick today, she has a sore throat and a cough. As she starts to chop up fruit for morning tea, she has a coughing fit and needs to leave the room. Vanessa the manager takes her place, and sends Jenny home. What should Vanessa do with the fruit that Jenny started to chop?

- ☐ Wash her hands and the knife. Continue chopping the fruit and put it on the platter, it's almost morning tea time!
- ☐ Throw away the fruit. Wash her hands. Clean the chopping board, knife and bench area. Wash and chop the remaining fruit.
- ☐ Wash her hands, wipe down the work area, and wash the fruit Jenny started to chop. Chop the remaining fruit and serve.
- ☐ Set aside the fruit Jenny started to chop. Wash her hands. Chop the remaining fruit and serve this first.



Online Training

Nutrition

Menu

question 4

drinks

question 5

question 6

question 7

question 8

question 9

infant formula

question 10

question 11

question 12

question 13

question 14

question 15

safe formula handling

introducing solids – when?

around 6 months

question 16

question 17

texture

▼ introducing solids – what & ...

Introducing solid food – w...

Introducing solid food – w...

Introducing solid food – w...

Introducing solid food – w...

Introducing solid food – w...

Introducing solid food – w...

Introducing solid food – w...

Section 2

▼ the five food groups

grains (cereal) foods

vegetables and legumes/b...

lean meat, fish, poultry, e...

milk, yoghurt, cheese and...



Nutrition_20190710

Resources

Introduction of solids – when?

Match the baby's age with the appropriate texture of food.

Birth – 6 months	Family food, chopped or mashed
Around 6 months	Pureed foods
From 6 months	Mashed, minced, then finger foods
From 12 months	Breast milk or infant formula

Online Training



Visit Resources at:

- Online Training
- <https://dhhs.sproutlabs.com.au/login/index.php>
contact email is community.nutrition@health.tas.gov.au
- Website www.movewelleatwell.tas.gov.au
Up to date materials, displays, resources, newsletters
contact email is movewelleatwell@health.tas.gov.au
- Facebook www.facebook.com/MWEWEC/
Sharing ideas, resources and services' success stories