GET UP & GROW RESOURCES

Director/Coordinator Book HW1
The most detailed of all the Guidelines resources. Provides practical information and advice on early childhood healthy eating and physical activity, how to develop nutrition and physical activity policies and ways to support and encourage staff, carers and families. Includes each of the four Get Up & Grow books.
Format: A4 Spiral bound, 221 pages

Staff and Carer Book HW2
Provides practical information and advice on early childhood healthy eating and physical activity to all staff and carers in early childhood settings.
Format: B5, 84 pages

Cooking for Children Book HW3
Provides information and advice on early childhood nutrition, menu planning and food safety. Contains delicious and nutritious recipes for settings and families.
Format: B5 Spiral bound, 82 pages

Family Book HW4
Provides families with practical information and advice to support healthy eating and encourage physical activity in young children.
Format: B5, 76 pages

Get Up & Grow Posters
Six* posters for early childhood settings to encourage healthy eating and physical activity in young children. Features key messages from the Get Up & Grow resources and beautiful early childhood pictures.
Format: Full colour A3 posters

Get Up & Grow Brochures
Fourteen* full colour brochures covering the essential healthy eating and physical activity topics to support settings, staff and families. Features key messages from the Get Up & Grow resources and beautiful early childhood pictures.
Format: Full colour DL Brochures

Get Up & Grow CD-ROM HW27
Contains each of the Get Up & Grow Brochures and information inserts on healthy eating and physical activity for settings to include in newsletters.

Get Up & Grow Stickers
Four full colour stickers for early childhood settings

Sticker 1
Children need a challenge: Adventurous outdoor play is part of their learning and development

Sticker 2
We limit screen-time: Limiting screen-time means more opportunities for active play!

Sticker 3
Breastfeeding-friendly zone

Sticker 4
It’s hand-washing time!

TO ORDER any of the GET UP & GROW resources contact: NATIONAL MAILING AND MARKETING, PO Box 7077, CANBERRA MAILING CENTRE, ACT 2610, on 1800 020 103 (ext. 8654), or by emailing health@nationalmailing.com.au
The GET UP & GROW: Healthy eating and physical activity for early childhood resources are an initiative of the Australian Government and were developed by a consortium of the Centre for Community Child Health (a department of the Royal Children’s Hospital Melbourne and a key research centre of the Murdoch Children’s Research Institute), Nutrition & Food Services at the Royal Children’s Hospital Melbourne, and Early Childhood Australia.

The resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a consistent, national approach to childhood nutrition and physical activity.

These healthy eating and physical activity resources are based on two key national health documents that focus on children, namely:

- The Dietary Guidelines for Children and Adolescents in Australia incorporating The Infant Feeding Guidelines for Health Workers (2003), and
- The Draft National Physical Activity Recommendations for Children 0 to 5 years.

The Get Up & Grow resources recognises the rich cultural and religious diversity in Australia and the important needs of young children.

Get Up & Grow Posters:
- Less is best for screen time (HW14)
- Water - a healthy and essential drink (HW15)
- Your baby’s first foods (HW16)
- Learning through active play (HW17)
- Finding new flavours (HW18)
- Travel the active way (HW19)

Get Up & Grow Brochures:
- Lunchbox ideas (HW5)
- Breastfeeding and returning to work (HW6)
- Infant Formula (HW7)
- Food ideas for busy parents (HW8)
- First foods - childcare food (HW9)
- Importance of drinking water (HW10)
- Getting out and about (HW11)
- Decisions about downtime (HW12)
- Keeping children on the move (HW13)
- The role of parents (HW20)
- First foods - food from home (HW21)
- The importance of active play (HW22)
- Positive eating practices (HW23)
- Developing movement skills (HW24)