Caring for our kids

Healthy Eating and Physical Activity for Early Childhood

For Aboriginal and Torres Strait Islander child care staff, carers and parents

RESOURCE AND ORDERING GUIDE
Staff handbook
Provides practical information and advice on early childhood healthy eating and physical activity. The handbook aims to support staff and carers in early childhood settings. Includes information on breastfeeding, infant formula, introducing first foods, healthy foods and drinks and physical activity.

Format: A5 Spiral bound, 150 pages

Brochures

Breastfeeding
Provides information about breastfeeding, breastfeeding and work, expressing milk and breastfeeding and childcare.

Format: A5, 13 pages

Infant formula
Provides advice about the fluids baby can drink, the use of infant formula and infant formula and childcare.

Format: A5, 9 pages
First foods
Provides practical information about introducing solid foods to baby, including different foods to try and textures.

Format: A5, 9 pages  HW279

Healthy foods strong kids 1 - 5 years
Provides healthy eating ideas for young kids, advice on food allergies and keeping food safe.

Format: A5, 29 pages  HW280

Good drinks for our kids
Provides information about healthy drinks for our kids.

Format: A5, 9 pages  HW281

Get moving birth - 1 year
Provides information and practical ideas for helping baby to move, play and learn.

Format: A5, 17 pages  HW283

Get moving 1 - 5 years
Provides practical ideas for play activities for kids.

Format: A5, 13 pages  HW282
Posters

Five full colour posters for early childhood settings to encourage healthy eating and physical activity in young kids. Features key messages from the Get Up and Grow resources and beautiful early childhood pictures.
Healthy eating and physical activity for early childhood

The Get Up and Grow Indigenous specific resources are an initiative of the Australian Government and were developed by Cultural Perspectives in collaboration with the Cultural and Indigenous Research Centre Australia.

The resources are based on the original Get Up & Grow Healthy Eating and Physical Activity for Early Childhood resources published by the Australian Government Department of Health and Ageing in 2009.

The resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a 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 National Physical Activity Recommendations for Children 0 to 5 years.

The resources support the National Quality Framework for early childhood education and care under the second Quality Area: Children’s Health and Safety.

The Get Up and Grow resources recognise the rich cultural and religious diversity in Australia and the important needs of young children.
## Brochures

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## Posters

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To order any of the Get Up and Grow resources contact:
phone: 1800 020 103 (ext.8654),
or email: health@nationalmailing.com.au

All information in this publication is correct as at March 2013.