GET UP & GROW
HEALTHY EATING AND PHYSICAL ACTIVITY FOR EARLY CHILDHOOD
RESOURCE AND ORDERING GUIDE

Australian Government
Department of Health and Ageing
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 and 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 three key national health documents that focus on children, namely:

- The Australian Dietary Guidelines (2013) and the Infant Feeding Guidelines (2012), and
- The National Physical Activity Recommendations for Children 0 to 5 years.

The Get Up & Grow resources recognise 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

Get Up & Grow resources for Indigenous early childhood services, parents and carers are also available.

www.health.gov.au
All information in this publication is correct as at April 2013