

get up and grow



Caring for our kids

# Staff hand book

Healthy Eating and Physical Activity



Australian Government

Department of Health and Ageing



# get up and grow

## **Get Up and Grow - Caring for our Kids (Staff Handbook)**

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# Minister's Foreword

The early years are the foundation for a healthy lifestyle throughout life, so it makes sense to start encouraging healthy eating and physical activity right from a child's earliest days.

So we're delighted to introduce the Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood guidelines, a key part of the Australian Government's Plan for Early Childhood and Plan for Tackling Obesity. Get Up and Grow offers practical information for early childhood education and care staff and for families, to support and encourage healthy eating and physical activity from infancy to five years of age.

The Australian Government developed the Get Up and Grow resources in consultation with Aboriginal and Torres Strait Islander childcare staff, and parents and carers. These resources provide useful information on fun and practical ways to encourage physical activity as well as everyday nutrition for babies, toddlers and young children.

We hope you find this a useful resource as you help our children grow up healthy and strong.



**The Hon Tanya Plibersek MP**  
**Minister for Health**



**The Hon Warren Snowdon MP**  
**Minister for Indigenous Health**



# get up and grow

The Get Up and Grow Indigenous specific resources have been developed by Cultural Perspectives in collaboration with the Cultural and Indigenous Research Centre Australia (CIRCA) for the Australian Government Department of Health and Ageing. The resources are based on the original Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood resources published by the Department in 2009.

We would like to thank the many Aboriginal and Torres Strait Islander families and childcare educators from urban, rural and remote locations who were consulted in the development of these resources. We would also like to thank the parents, staff and children who were included in the photography shoot. And finally, we would like to acknowledge the assistance of early childcare professionals from around Australia along with state and territory governments and several peak bodies who were consulted in the development of these resources.

This resource has been updated to reflect the Infant Feeding Guidelines (2012) and Australian Dietary Guidelines (2013).

## **Health disclaimer**

The information in this publication is not a substitute for medical advice. You must seek independent professional medical advice before relying on it.

Readers should be aware that these resources may contain images of Aboriginal and Torres Strait Islander people who are now deceased.

# Contents

1. How to use this handbook	1
2. Breastfeeding	13
3. Infant formula	23
4. First foods	31
5. Family foods	39
6. Good drinks for babies and kids	45
7. Planning meals	51
8. Trying different foods	55
9. Are you hungry?	59
10. Mealtimes	63
11. Food safety	71
12. Physical activity birth to 1 year	83
13. Physical activity 1-5 years	93
14. Inactivity and screen time	111
15. Menu ideas	121
16. For more information	133



**How to  
use**

**this  
handbook**

**1**







# How to use this handbook

## Why is this handbook important?

The early years of childhood are the most important time for building the foundations for healthy child development. Children are spending more time in care and this means childcare educators have an important role to play in promoting good nutrition and physical activity.

This handbook has been developed for Indigenous childcare educators and all staff working with Indigenous children from birth to 5 years.

The information in this handbook will help you to support parents and children to make healthy choices. Inside you will find evidence based information on breastfeeding, infant formula, introducing first foods, healthy foods and drinks, and physical activity.

This handbook provides:

- an understanding of the healthy eating guidelines and physical activity recommendations
- practical ideas for putting the guidelines into practice and for working with families confidently.



## How can I use this staff handbook?

- **Caring for kids and families**

You can use this handbook to guide you in caring for children every day. It can also be used as a reference if families ask you for information and advice.

- **Supporting families**

This handbook can help you talk to parents about specific issues or to support families by providing them with new ideas and information.









- **Staff training**

If you are an early childhood service director this handbook can help you to provide information to staff to support them in implementing the guidelines. You can use each section as a focus for discussion with individual staff or work through a specific section in staff meetings.

- **Studying?**

If you are studying, this handbook provides useful information about caring for kids from birth to 5 years.

- **Producing resources**

You can use the information in this handbook to develop local resources or parent newsletters.

- **Need more information?**

In the back of this handbook you will find links to useful resources.



## What are the Get Up and Grow resources?

This staff handbook is part of the Get Up and Grow Indigenous specific resources. These resources are designed to support a consistent national approach to healthy eating and physical activity in a wide range of early childhood settings.

When using the guidelines and recommendations outlined in the staff handbook, early childhood services may also need to meet any other requirements set out in state, territory or federal regulatory arrangements.



These resources are based on 3 key national health documents that focus on children, which are:

- The Infant Feeding Guidelines (2012) and the Australian Dietary Guidelines (2013), which form the basis for nutrition policy in Australia (available in Section 3: Further Reading).
- The National Physical Activity Recommendations for Children 0 to 5 years, which has been developed to guide policy and practice around physical activity for young children.
- The National Quality Framework which applies to long day care, family day care, preschool (or kindergarten) and outside schools hours care services. The National Quality Framework aims to raise quality and drive continuous improvement and consistency in education and care services.



## Brochures for families

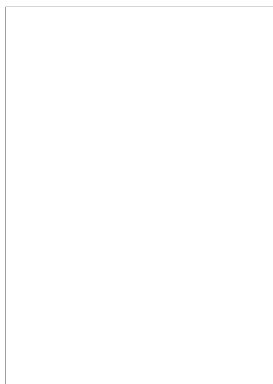
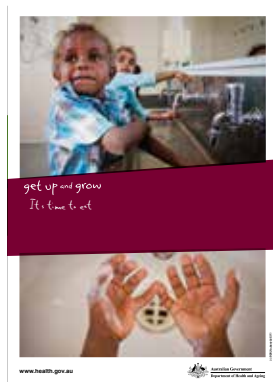
You can order these easy to read brochures for families:

- Breastfeeding
- Infant formula
- First foods (introducing solids)
- Good drinks for our kids
- Healthy food, strong kids (1-5 years)
- Get moving birth to 1 year (physical activity 0-1)
- Get moving 1-5 years (physical activity 1-5).



The posters listed below are also available:

- Healthy food
- Water, the best healthy drink
- Wash your hands
- Moving helps babies
- Running, jumping and playing.



You can get additional copies of this handbook, the brochures and posters by contacting 1800 020 103 (ext. 8654) or by email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au).



# Breastfeeding

strong mums  
strong babies

13







# Breastfeeding

## strong mums

## strong babies

### Healthy Eating Guideline

Exclusive breastfeeding is recommended, with positive support, for babies until around 6 months. Continued breastfeeding is recommended to at least 12 months - and longer if the mother and baby wish.

### Breastmilk is the best food for baby

- Mum should be supported to breastfeed baby for 12 months if she can.
- Mum can breastfeed baby for longer if both mum and baby are happy.
- Until around 6 months, breastmilk is the only food or drink baby needs.
- Baby can eat solid food from around 6 months.
- Even when eating solid food, baby still needs breastmilk or formula until 12 months.
- Mum should be encouraged not to drink alcohol while breastfeeding and keep baby away from cigarette smoke.

## Why is breastfeeding so good?

- It helps to keep baby healthy and strong.
- Breastmilk has the right nutrients for baby at each stage of development.
- Breastmilk can help to protect young babies from getting gastro-intestinal infections and middle ear infections, and from becoming overweight or obese later in life.
- The sucking actions of breastfeeding help baby's jaw prepare for teeth and speech.
- It keeps mum healthy and strong.
- It gives mum and baby time to be close.
- Breastmilk is free - it saves money and time for families.





## Expressed breastmilk

Sometimes mothers will express breastmilk and bring it to the early childhood service for baby's feeds. If a mum needs help with expressing milk she can talk to the local health worker or child health nurse.

## Storage of breastmilk

- Breastmilk should be stored in sterilised bottles or containers.
- Label the bottle or container with baby's name and the date that the breastmilk should be used.
- Put bottles on a non-spill tray at the back of the lowest shelf of the fridge so it doesn't spill onto other food.
- If breastmilk is not used on the same day, give it back to parents or throw it out.
- Baby should only drink breastmilk that has come from their own mum.



## Cleaning bottles and teats

- Wash bottles and teats in warm soapy water and rinse off detergent and bubbles.
- Bottles need to be sterilised or disinfected to make sure they don't carry infections.
- You can sterilise bottles using the boiling method.
- It is important to follow the instructions of the method you choose.

## Heating breastmilk

- Heat the milk by standing the bottle in warm water.
- Shake the bottle well to make sure the heat is spread evenly.
- Always check the temperature of milk before giving it to baby by testing a few drops on unbroken skin on the inside of your wrist. Milk should feel warm, not hot.
- Do not use a microwave to heat up milk as it makes the milk very hot and can burn baby's mouth.
- Throw out leftover milk - do not reheat or keep for later.







## Giving babies breastmilk from the fridge

- Babies can drink breastmilk straight from the fridge.
- If more than 1 baby is receiving breastmilk, 2 staff members need to check that the name on the bottle is the name of the baby being fed.
- Sign baby's feeding record.
- Give the breastmilk to baby in the sterilised cup or bottle provided by the parents.
- Most babies can use a cup from 6 months old.
- If baby is given the milk of another mother or if you think this might have happened, tell your director or manager straight away.

## Supporting mums who are breastfeeding

- Provide breastfeeding mums with information on how they can continue to breastfeed their baby when they are apart.
- Seeing another mum breastfeed also encourages new mums. If you are breastfeeding or have breastfed your baby, let new parents know.
- If a mum has chosen not to breastfeed, always respect her decision.



## What else can I do?

- Tell breastfeeding mums they are doing a great job.
- Make mums feel welcome to breastfeed at your centre.
- Offer support and information to the family - it's normal for breastfeeding mums to need some help and advice.
- If parents need more information, refer them to a health worker or the FREE Australian Breastfeeding Helpline on 1800 mum 2 mum or 1800 686 268 or the website at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au).

FOR MORE  
INFORMATION  
go to page  
**133**

# Infant formula

23



# Infant formula

## Healthy Eating Guideline

If a baby is not breastfed, is partially breastfed, or if breastfeeding is stopped, use an infant formula until 12 months of age.

## Why choose formula feeding?

- Breastmilk is best for baby but some women can't breastfeed or choose not to breastfeed.
- Infant formula is the only safe alternative in the first 12 months.
- It's important that parents know the benefits of breastfeeding before deciding to formula feed.
- You can provide information or refer parents to their health worker, or child health nurse.





## What can babies drink?

- Breastmilk or infant formula are the only foods babies need until around 6 months.
- Babies who are formula fed can also have cooled, boiled water.
- At 6 months all babies can have cooled, boiled water in a bottle or cup.
- Babies under 12 months should not drink cow's milk as the main drink because they can't process the protein and salt well and it can result in their blood being low in iron.

## How to handle infant formula

- Making up formula the wrong way can cause baby to become dehydrated, constipated or undernourished.
- Follow the instructions on the formula tin. Don't add anything else.
- Parents or carers should provide the centre with clean sterilised bottles and teats and pre-measured powdered formula.
- Formula should be labelled with baby's name and the amount of water that needs to be mixed with the formula.
- You can ask parents or carers to provide bottles already filled with cooled, boiled water.
- Make up formula when needed and store in the fridge if not used straight away.
- Made up formula should not be brought from home - bacteria can grow in pre-prepared formula.
- If formula does need to be stored, put it in the fridge until use.
- Throw out any formula that has been made up and is left over after a feed.
- Throw out any made up formula after 24 hours.



## Feeding babies

- Heat bottles in a container of warm water.
- Do not use a microwave to warm bottles - microwaves can make the milk too hot and can burn baby's mouth.
- Shake the bottle well to make sure the heat is spread evenly.
- Always check the temperature of the formula before giving it to baby.
- It is safe to pour a few drops on unbroken skin on the inside of your wrist - the milk should feel warm, not hot.
- Throw away any formula left in the bottle. Re-using this can make baby very sick.
- Rinse all bottles and teats in cold water and send them home to be sterilised.
- Baby can be fed formula from a cup after 6 months.

For information on cleaning bottles and teats, go to page 18.



## Remember

- Make up formula in the bottle and feed baby straight away.
- Babies need help to drink from a bottle.
- Don't leave baby alone with a bottle.
- Propping up and giving baby a bottle can lead to choking and ear infections.
- Never force baby to finish a bottle - respond to signs of fullness.



FOR MORE  
INFORMATION  
go to page  
**133**



# First foods



# First foods

## Healthy Eating Guideline

Introduce suitable solids at around 6 months.

### Introducing solids

- Baby needs solids as well as breastmilk or formula for healthy growth and to support jaw and speech development.
- It is important to keep breastfeeding or formula feeding even when baby starts to eat solid food.
- First foods should be smooth and high in iron such as baby rice cereal or pureed lean meat.
- Start with 1 or 2 teaspoons of food after a milk feed.
- Start with finely mashed or pureed food and slowly change to chopped food when baby is ready.
- Provide food and allow baby to decide how much they want to eat - never force baby to eat or finish food.
- Offer new foods regularly, including a variety of tastes, textures and colours.
- There is no need to add salt, sugar, butter or margarine to food for babies and kids.



## Good foods for babies from around 6 months

- Iron fortified infant cereal mixed with breastmilk, formula or water that has been boiled and cooled.
- Pureed well-cooked meat, chicken or fish (no bones).
- Pureed cooked legumes like 'no added salt' baked beans.

Then baby can try:

- smooth cooked vegies - potato, pumpkin, carrot or broccoli
- smooth cooked fruit - apple or pear
- finely mashed soft fruit - banana, mango or avocado
- full fat yoghurt, smooth cheese and custard.

Food can be pureed using a blender and adding liquid if needed to get the right texture.





Once babies are eating smooth foods,  
increase the texture by mashing and chopping

Baby can try:

- mashed or chopped cooked vegies
- well-cooked and mashed fish (no bones), soft meat or minced meat
- mashed or chopped cooked fruit - apple or pear
- cereals such as porridge or wheat biscuits with breastmilk or formula.



**Note: To prevent botulism, do not feed honey to infants aged under 12 months**



## By 8 months, most babies can manage finger foods

Finger foods are foods cut into small pieces that baby can pick up and feed themselves, like:

- chopped raw soft fruit - melon, banana or avocado
- cooked grains - rice and pasta
- bread or toast cut into strips
- cheese cut into sticks.

**At 12 months, baby can start eating healthy family foods, but choking is a risk - hard foods such as whole nuts, raw carrot or apple pieces should not be given to kids under 3.**

## Special feeding needs

- Some babies who have been sick or who have a disability might have special needs when it comes to feeding.
- Talk to parents and carers about baby's needs.

## Keep kids safe from choking

Babies and kids are learning how to eat - they need to be watched when eating because they can choke.

- Start with smooth, soft foods - as baby learns to chew, move on to minced foods.
- Grate, cook or mash apples and carrots and other hard fruits and vegies.
- Don't give whole nuts, popcorn or other hard foods to young kids under 3 years.
- Feed kids when they are awake and alert.
- Never force kids to eat.
- Never leave baby alone with a bottle.
- Stay with young kids when they are eating.

FOR MORE  
INFORMATION  
go to page

**133**

Parents and carers can talk to other mums and dads, carers or a health worker about good first foods for babies and how they started kids on eating healthy food.

# Family foods

39





# Family foods

## Healthy Eating Guideline

Make sure that food offered to children is appropriate to the child's age and development and includes a wide variety of nutritious foods.

## Healthy food, strong kids

- Good nutrition is needed for healthy growth and development in early childhood.
- Healthy eating in childhood protects kids from sickness.
- Poor nutrition can lead to weight gain or weight loss.
- You can work with parents and families to support healthy eating habits.

## Healthy 'everyday foods'

A balanced diet means eating a variety of food from the 5 food groups. It's good to have some food from each food group every day.

### THE 5 FOOD GROUPS INCLUDE:

- plenty of vegetables, beans and lentils
- fruit
- breads, cereals, rice, pasta, noodles (mostly wholegrain) and other grains like oats and barley
- milk, yoghurt and cheese (mostly reduced fat for kids over 2 years)
- lean meat such as kangaroo, fish, chicken (without skin), eggs, beans and nuts (but not whole nuts for kids under 3 years).

## Encourage parents to give kids these healthy foods every day

- Kids need lots of vegies and fruit as well as food from all the food groups.
- Most bush tucker is very healthy for kids.
- If a child has special eating needs, talk to the family.

# Healthy eating habits start young



**At 12 months kids can have all the healthy food that the family eats.**

## 'Sometimes foods'

- Sometimes foods are not in the 5 food groups because they are not needed for good health.
- Sometimes foods are high in fat, sugar and/or salt and don't have much nutritional value.
- There is no need to give these foods to kids on a regular basis.
- Ask families not to include sometimes foods in lunchboxes.

## Sometimes foods are:

- chocolate and lollies
- biscuits and chips
- pastries, pies, sausage rolls
- fried foods like chicken and hot chips
- takeaway food
- cakes and ice cream
- soft drinks, fruit juice, fruit drinks, cordial, sports drinks, energy drinks, flavoured milk and flavoured waters.

**There is no need to add salt, sugar, honey, butter or margarine to food for babies and kids.**

FOR MORE  
INFORMATION  
go to page  
**133**

Good  
drinks

for babies  
and kids

45





# Good drinks for babies and kids

## Healthy Eating Guideline

Provide water in addition to age appropriate milk drinks. Infants under the age of 6 months who are not exclusively breastfed can be offered cooled, boiled water in addition to infant formula.

## Good drinks for babies

- Breastmilk is best for baby and is the only food or drink that baby needs until around 6 months.
- If baby is formula fed, baby can be offered cooled, boiled water as well as formula.
- From around 6 months all babies can have cooled, boiled water in a bottle or cup.



## Water is the best drink for our kids

- Water is important for good health - it helps digest food, absorb nutrients and get rid of waste from the body.
- Give kids water with all meals and snacks.
- Pack water bottles when going out.
- Keep a jug of clean tap water nearby.
- In hot weather - keep the jug of water cool.
- Let older kids pour their own water.

## Kids need lots of water

- Kids can dehydrate very quickly and get very sick if they don't drink regularly throughout the day. Make sure there is always plenty of clean drinking water around for kids.

## Cow's milk

- Plain unflavoured cow's milk is good for kids over 12 months - limit to 2 cups a day.
- Babies under 12 months should not drink cow's milk as the main drink, BUT you can use small amounts of cow's milk in food preparation for babies.
- Give children their main meal first before giving milk.
- Kids under 2 should not have low fat or reduced fat milk.
- Kids over 2 should have mostly reduced fat milk.
- Don't give flavoured milk to kids.

Babies under 12 months should not drink cow's milk because they can't process the protein and salt well and it can cause their blood to be low in iron.

## Sweet drinks are unhealthy

Sweet drinks are not needed for good health.

### **SWEET DRINKS:**

- can fill kids up so they don't eat healthy meals
- can lead to tooth decay and weight gain.

### **SWEET DRINKS INCLUDE:**

- soft drinks
- flavoured waters
- flavoured milk
- cordial
- tea
- sports drinks and energy drinks
- fruit drinks
- fruit juice.

## You should not give sweet drinks to babies

- Don't give baby sweet drinks such as tea, soft drinks, flavoured milk, juice or cordial.
- This can make baby sick and lead to tooth decay and weight gain.
- Tea is not good for baby and can weaken baby's blood.

FOR MORE  
INFORMATION  
go to page  
**133**

# Planning meals

51





# Planning meals

## Healthy Eating Guideline

Plan mealtimes to be positive, relaxed and social.

### Make mealtimes enjoyable

Mealtimes are a chance for kids to develop good eating habits. It's also a time when kids and adults can spend time together, talk and relax.

- Kids can help to pack away games and set the table.
- Sit with kids and encourage them to talk with each other.
- Mess is normal and part of learning to eat.
- Encourage kids to try new foods.
- Don't let kids throw or spit food.
- Help kids learn how to eat but never force kids to eat.



## Kids can enjoy eating healthy food

- Make mealtimes fun.
- Let kids know the difference between 'sometimes' and 'everyday' foods.
- Don't use food to reward or punish a child - this can start unhealthy food habits.

## Be positive – talk about how food helps us to grow healthy and strong

- Let kids know when they do something good.
- Try not to make comments about a child's weight.
- Try not to say bad things about your own body or weight.
- Avoid labelling foods 'good' or 'bad'.

FOR MORE  
INFORMATION  
go to page  
**133**

# Trying different foods

55



# Trying different foods

## Healthy Eating Guideline

Encourage children to try different food types and textures in a positive eating environment.

## Healthy eating habits start young

- Trying different kinds of foods helps kids build a healthy diet.
- Give kids new foods to taste.
- New textures, tastes and colours can be fun for kids.
- Being in a group can help kids to try new things.



## Help kids to explore new foods

- Sit and eat with kids at meal and snack times.
- Help kids to taste all the foods on offer.
- Keep mealtimes calm and positive.

## Helping parents and carers

- Encourage parents or carers to give kids different foods.
- Talk to parents or carers about what foods kids eat at home.
- Support parents or carers to eat healthy food at home.

FOR MORE  
INFORMATION  
go to page  
**133**



**Are you  
hungry?**

**59**



# Are you hungry?

## Healthy Eating Guideline

Offer an appropriate amount of food, but allow children to decide themselves how much they will actually eat.

## Are you hungry?

- Kids should be given the opportunity to decide how much they will eat from the food that is offered.
- This helps kids to learn to eat as much as they need and to notice when they feel hungry or full.
- Make sure all meals and snacks are healthy - that way if kids only eat from one of the meals offered, they will be eating healthy food.

## I'm still hungry

- Have extra healthy food available if a child is still hungry.
- Extra servings of the main meal can be offered if available.
- Offer a healthy snack like fruit, yoghurt, or cheese cut into sticks.

## Eating together

- Sharing food develops fine motor skills such as pouring and passing.
- Eating together helps kids to learn to share and talk.
- Serve food at a table so kids can help themselves.
- Help the kids to use the plates, bowls, spoons and cups provided.

## Fussy eaters

- Don't focus on the child or make a fuss.
- Offer healthy food choices but not ones that are different from the other kids.
- Try new foods.
- Keep a mealtime routine.
- Let the child leave the table.
- Kids can be fussy eaters when they are sick or tired.
- Kids may refuse to eat if they have too much food on their plate or if they have filled up on drinks or snacks before meals.
- Limit drinks or snacks between meals.
- Set a limit of 30 minutes for a meal.
- Take away the uneaten food and never force a child to eat.
- Re-offer foods that have been refused - it may take up to 10 times before it is tried.
- Allow the child to decide how much they want to eat.

## Kids' appetites change from day to day

- If a child always seems hungry or never wants to eat, talk to the early childhood service director and the family.
- Encourage parents or carers to monitor growth using the growth charts in their child's health record or book.

FOR MORE  
INFORMATION  
go to page

**133**

# Mealtimes

63





# Mealtimes

## Healthy Eating Guideline

Offer meals and snacks at regular and predictable intervals.

### Regular mealtimes give kids a routine

- Regular mealtimes help kids to stay healthy and have good energy levels.
- Kids have small stomachs so small, healthy meals and snacks are best.
- Kids who are hungry can be irritable.
- Kids who eat all the time never learn how it feels to be hungry.

# 3 meals and 2 snacks a day are best for kids

Snacks should be healthy and nutritious and don't have to be large.

## Ideas for healthy snacks

- Wholegrain bread.
- Cereal.
- Chopped up fruit and vegies.
- Baked beans on toast.
- Small yoghurt.
- Raisin toast.
- Cheese cut into slices or sticks.





## Breakfast is an important meal

- It helps kids get enough nutrients for the day ahead.
- It is part of a healthy routine.
- Missing breakfast makes kids hungry and tired later in the day.
- Kids who don't eat breakfast are more likely to be overweight or obese.

## Breakfast can be simple and easy

- Wholegrain cereal like wheat biscuits or porridge with milk and fruit.
- Yoghurt and fruit.
- Fruit smoothie.
- Cheese on toast with fruit.
- Pikelets with yoghurt and fruit.

## All kids need breakfast

- Sometimes kids might arrive at early childhood services without having eaten breakfast.
- If this occurs regularly, discuss the reasons and some possible solutions with a parent or carer.
- You can consider providing breakfast for all the kids, or have some healthy food there for the kids who come without breakfast.

## Celebrations

Many people like to celebrate birthdays and special occasions with food.

There are other ways to celebrate such as wearing a party hat, dressing up or doing a fun activity.

## Celebration food

- Try to have healthy food for all celebrations.
- If you have sometimes foods like cakes and ice cream, try to limit the serve size.
- Always offer a plate of fruit with sometimes foods.

FOR MORE  
INFORMATION  
go to page  
**133**



# Food safety



# Food safety

## Healthy Eating Guideline

Ensure that food is safely prepared for children to eat - from the preparation stages to consumption.

## Food safety

Food safety is very important in early childhood settings - it includes managing risks of choking on food, avoiding allergic reactions and making sure all food is safe.

## Food allergies

- Most kids don't have any problems with new foods.
- Food allergies can be severe and threaten life.
- Food allergies happen when the immune system reacts to a protein in food.
- The most common food allergies in kids under 5 are: cow's milk, soy, eggs, peanuts, tree nuts, wheat, sesame, fish and shellfish.

## What happens when a child reacts to a food?

Reactions usually happen straight away and can include:

- hives or rash on the skin
- swelling of the lips, tongue or mouth
- vomiting
- diarrhoea
- trouble breathing, which can cause loss of consciousness, injury or even death.

## Allergy management

- For children with bad food allergies make sure that parents or carers provide an allergy management plan that has been worked out with a doctor.
- Your service should have an allergy management policy and individual management plans for children with bad food allergies.
- Everyone working with children needs to know the early signs of a food allergy and be trained in managing allergic reactions.
- Kids with allergies need to stay away from some foods during meals, cooking and during craft activities.
- Meals must not include food that kids have allergies to.
- Watch kids so they don't have foods they are allergic to.
- Kids should not swap or share food.
- Early childhood services should only ban certain foods following documented medical advice. You can visit the Australasian Society for Clinical Immunology and Allergy (ASCIA) website at [www.allergy.org.au](http://www.allergy.org.au) for information on allergy management plans.

## Food intolerance

- Food intolerance is not as bad as an allergy and takes more food to make kids sick.
- Kids can get headaches, skin rashes and stomach upsets.
- You may need to talk to parents or carers to develop a plan to manage a child's food intolerance.

## Keep kids safe from choking

Babies and young kids are learning how to eat. They have small airways, which can be blocked by breathing in food.

- Kids should sit down when eating.
- Be careful with hard foods that can break into smaller pieces.
- Grate, cook, finely slice or mash apples, carrots, celery and other hard fruits and vegies.
- Don't give whole nuts, popcorn, seeds, or corn chips.
- Don't give tough or chewy pieces of meat.
- If you serve sausages, they need to be skinless and cut into small pieces.
- Feed kids when they are awake and alert.
- Never force kids to eat.
- Never leave baby alone with a bottle.
- Stay with kids when they are eating.

**Early childhood services should have policies to reduce the risk of choking in babies and young kids.**







## Keeping food safe

Babies and kids are at more risk of sickness from contaminated food because their immune systems are less developed.

### Food can be contaminated by:

- hair, pieces of metal or other things accidentally mixed in when preparing food
- chemicals from the food production process
- cleaning materials
- toxins in the environment
- pests
- bacteria.

## Bacteria in food

- Bacteria are present in most food but are not always harmful.
- Some bacteria, called pathogens, can cause food poisoning and gastro-enteritis.
- Different bacteria cause different sicknesses - some are more serious than others.
- Symptoms can include nausea, vomiting, diarrhoea and stomach cramps.
- Food poisoning is very serious in babies and kids because their immune systems are less developed and they dehydrate quickly.

## Gastro-enteritis

- The most common cause of gastro is not through food contamination but a viral sickness passed between people.
- Good hygiene and hand washing are important to stop spreading viral gastro-enteritis.



## High-risk foods

If these foods are left out of the fridge, they can spoil easily because they are moist and contain a lot of nutrients.

## Bacteria can easily grow in these foods:

- milk, meat and fish
- meals or drinks made from milk, meat or fish
- cooked rice
- canned food that has been opened.

## Low-risk foods

These foods are not likely to grow bacteria or be spoiled:

- uncooked pasta and rice
- biscuits
- packaged foods
- canned food as long as the can is sealed.



## Serving food safely

- Make sure all kids and adults wash their hands before preparing or eating food.
- Use tongs and spoons to serve food.
- Keep food in the fridge until it's time to eat.
- Keep food like milk or yoghurt at the back of the fridge where it is coldest.
- If food is taken to the table and not eaten - throw it away.
- Put any food that was prepared but not served into the fridge. Make sure the food is covered.
- Throw away any food that has been out of the fridge for more than 2 hours.
- Kids should not share cups or utensils or eat from each other's plates.
- Don't let kids eat food dropped on the floor.

## Heating food

- Make sure food is heated right through till it's hot, and then let it cool down. This kills any bacteria that might be there.
- Do not reheat food that has already been reheated. For example, a curry cooked the day before, put in the fridge and then reheated and served the next day must not be reheated and served again later.

## Kids helping in the kitchen

- Make sure kids always wash their hands before touching food.
- Always watch kids in the kitchen.
- Be careful with sharp knives and hot surfaces.

**Most states and territories have separate legal requirements, in addition to regulations, that specifically relate to food safety. In some states and territories these may be handled by local government authorities. Some authorities will require childcare educators and staff to undertake formal training.**

FOR MORE  
INFORMATION  
go to page  
**133**



# Physical activity

birth  
to 1 year



# Physical activity birth to 1 year

## Recommendation

For healthy development in infants (birth to 1 year), physical activity - particularly supervised floor-based play in safe environments - should be encouraged from birth.

## Moving helps babies to grow strong and healthy

Movement and play help babies to:

- keep their minds active
- develop their sense of sight, touch and hearing
- build strength, balance and good posture
- learn about the world around them
- play with others
- develop language skills
- develop self-confidence and independence.

## Provide a safe place for babies

- Movement is good for baby - it is important to provide a safe place for baby to move and to watch them at all times.
- Too much sun can make baby sick. When playing outside use sunscreen and hats and play in the shade.

## Fun for babies

### Tummy time

Tummy time helps build strong muscles in baby's head, neck and body.

- Give baby lots of play time on their tummy every day.
- Baby will let you know when they have had enough.
- Put baby on different floor surfaces such as rugs or mats.
- Put toys or other safe objects where baby can see them and needs to reach for them.

### Babies like to move around

- Baby likes to move around different spaces.
- Make sure baby has a safe space to move and explore.
- Set up a tunnel for baby to crawl through.
- Give baby a sturdy bench or table to pull up to a standing position.



## Fun with sound

Noises help baby's brain development linked to hearing.

- Give baby rattles to play with.
- Baby can make noise with a wooden spoon and bang pots and pans.
- Make noises by scrunching leaves.
- Play music and sing to baby.







## Babies learn by touching

- Give baby safe objects with different textures like balls and soft materials.
- Baby can touch and squeeze toys and other objects.
- Touch and cuddle baby.
- Let baby play on different surfaces outside like grass, sand and leaves.
- You can make objects for baby. Try putting scrunched up paper in a clean stocking.

## Sight

- Babies build eye strength and learn to move by following objects with their eyes.
- Read to baby from books with large colourful pictures.
- Give baby lots to look at while lying on their back - put them under colourful mobiles and pictures.
- Play 'peek-a-boo'.





Playing outside helps babies to learn about the world they live in

- Put baby down on the grass.
- Let baby look up at the sky.
- Baby can listen to the sounds around them.
- Talk or sing to baby about what they can see and hear.



## Babies learn through play

- Baby needs time to practise moving - kicking, touching and reaching for objects.
- Let baby be active - try not to leave baby in a stroller, high chair or car seat for more than 1 hour at a time when they are awake.

FOR MORE  
INFORMATION  
go to page  
**133**



# Physical activity

1-5 years



# Physical activity 1-5 years

## Recommendation

Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least 3 hours, spread throughout the day.

## Active play

Active play helps kids to grow strong and healthy.

### Active play helps kids:

- grow healthy bones and strong muscles
- improve heart health
- develop imagination
- build self confidence
- learn about their body
- enjoy being active
- learn how to take turns, share and care about others.





## Some things kids like to do:

- tumble, run, hop and jump
- dance to music
- build things
- play dress ups
- pretend to be animals or super heroes
- play organised games like 'hide and seek'
- explore or go bush.



## Keep kids safe

- Active play should be fun - watch kids at all times to make sure nobody gets hurt.
- Always look out for kids especially around water, cars, animals and fireplaces.
- Kids can get hurt in falls - watch kids when they climb or are playing near steps.
- Give kids plenty of water to drink, especially in warm weather.

**Too much sun can make kids sick. When playing outside use sunscreen and hats and play in the shade.**

# Kids 1 to 5 years develop important skills like walking, running, jumping and throwing a ball

## Types of active play

- Unstructured or free play.
- Structured or organised play.
- Active transport such as walking to the early childhood service.
- Everyday physical tasks.

**Unstructured play** gives kids the freedom to move at their own pace and decide how and where they will play, like:

- free play in playgrounds or sandpits
- dancing to music
- imaginative play and pretend games.

**Structured play** is planned play that may have rules or need special equipment, like:

- dancing and singing
- action games, such as 'hide and seek'
- problem solving games.





**Active transport** means walking or riding a bike or scooter to travel. As kids get older and stronger they can walk and pedal further.

## Ideas for active transport

- Walking instead of driving in the car.
- Walking instead of being in the pram or stroller.
- Walking or riding a scooter to early childhood services.

Talk to kids about road safety while you are walking. Kids need to be watched when they are near cars or roads.





## Everyday physical tasks

Kids can help with:

- gardening
- tidying up
- setting the table for mealtimes
- setting up and packing up games.

# Playing outside

Playing outside is important - it gives kids more space to play together, make big movements and be noisy and messy.

*Playing outside can help kids to:*

- make big movements
- get fresh air
- make a lot of noise
- play in nature - run through grass and roll down hills
- build strong muscles and bones
- look for adventure and explore.







## Culture and play

- Culture is important in play.
- Talk to Elders or other adults about traditional Indigenous games for kids.
- Elders can tell traditional stories and stories from their lives.
- Get families involved in music, dance, singing and story-telling.
- Talk to parents and local Elders about including local Indigenous cultural stories and activities.



## *Kids don't need expensive toys to play*

- Kids can play with boxes, clothes, wooden blocks, baskets, cushions, mats, pots and pans, balls, pegs, buckets, leaves, branches and old furniture.
- Make sure the things kids play with are safe and clean.
- Some objects that are good for older kids might not be safe for the young ones.

# Movement ideas for kids

- As they grow you can help kids to learn new skills.
- Start with simple activities and move on to more complex ones.

## Lower body

### Start with:

- jumping or running on the spot or to music
- kicking large balls or empty plastic containers
- walking and running on different surfaces like sand or grass
- running at different speeds and in different directions.

### Move on to:

- jumping over or around objects like ropes or hoops
- jumping like an animal
- kicking higher
- walking sideways, backwards and forwards
- walking on tip-toes or along a rope placed on the ground
- running backwards or around objects.



## Upper body

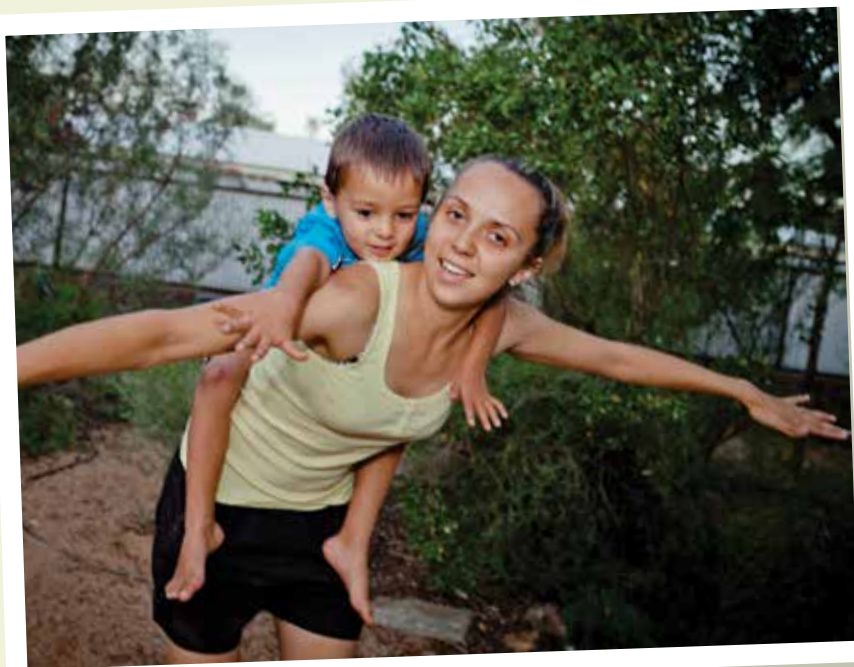
### Start with:

- building with big cardboard boxes
- hitting large beach balls or scrunched up paper
- throwing balloons or light balls.

### Move on to:

- building with small objects like blocks
- hitting and throwing balls with one hand and then the other
- digging with spades in dirt and sand.





## Whole body

### Start with:

- dancing to music and sounds
- climbing on pillows and under furniture
- balancing on ropes and chalk lines.

### Move on to:

- dancing fast and slow or learning dance steps
- climbing on low branches, ladders, ropes and boxes
- balancing on planks of wood and logs
- building with wood, boxes and buckets.

You can use these words to encourage kids to play and move in new ways

### **How the body moves**

- How fast can you go?
- Can you do that slowly?
- Can you do that fast and then very slowly?
- Can you do that and wobble at the same time?

### **Where the body moves**

- Can you do that forwards?
- Can you do that backwards?
- Can you go under/over that?
- How high can you go?
- Can you move in a circle?

### **What the body can do**

- Can you curl up?
- How big can you be?
- Can you do that lying down?
- Can you do that with your hands in the air?
- Can you do that on one leg?





*Some kids will need to be encouraged to be active*

- Show kids how to use play equipment.
- Join in the fun with them.
- Encourage them to make up games.
- Teach them new skills like hopping or jumping.



## Kids with disabilities

- Active play is good for all kids.
- Talk to parents or carers to find out how a disability affects the everyday life of their child.
- Find out what you can do to help meet the interests and abilities of the child.
- All kids should be encouraged to be active, whatever their level of ability.

## Keep our kids safe

- Playing should be fun - watch kids at all times to make sure nobody gets hurt.
- Always look out for kids around water, cars, animals and fireplaces.
- Keep an eye on kids when playing, especially when they are climbing, balancing or playing near steps.
- Give kids plenty of water to drink, especially in warm weather.
- Join in kids' play but make sure the play is still led by the kids.

## When outside:

- use sunscreen
- wear hats and suitable clothes
- play in the shade.

Inactivity  
and

screen  
time



# Inactivity and screen time

Watching TV and playing computer games are common activities for kids BUT kids who spend long periods of time inactive are more likely to have poor physical, social and intellectual development.

Activities that involve sitting down and that do not need a lot of energy are called 'sedentary'.

Some sedentary activities are good for kids:

- reading and looking at books
- listening to stories
- quiet play such as art and craft, drawing and puzzles.

Some sedentary activities are not good for kids:

- watching TV and DVDs
- playing computer and electronic games
- sitting in a car seat, high chair or stroller for more than 1 hour at a time when they are awake.

## Sleeping

- Babies and young kids sleep better if they have some active play time during the day.
- Sleep and rest time are very important for good health.

## Screen time – birth to 2 years

- Evidence suggests that TV watched in the first 2 years of life may be connected with delays in language development.

### Recommendation

Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).

Babies and young kids need:

- plenty of time to move – to play, reach and touch
- time to practice new movements when learning to crawl and walk.

### Turn off the TV

Babies and kids under 2 should not spend any time watching TV or DVDs.

Watching a screen at a young age can:

- limit time for active play and learning
- reduce opportunities for language development
- reduce the length of time young kids can stay focused
- affect the development of the full range of eye movement.









## Screen time – kids 2 to 5 years

Evidence suggests that long periods of screen time are connected with:

- less active, outdoor and creative play
- slower development of language skills
- poor social skills
- an increased risk of being overweight.

### Recommendation

For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be limited to less than 1 hour per day.

Kids will benefit more from talking, singing, reading, listening to music or playing with other kids.

### Turn off the TV

- Kids 2 to 5 years should be limited to less than 1 hour of screen time each day.
- When kids watch TV or DVDs or use other electronic media like computers, hand-held games and other electronic games, they miss out on active play.
- If kids stay up at night watching TV and DVDs – they also miss out on sleep.

Let parents know the recommendations about kids watching TV and using electronic media.

## Keeping kids active

### Recommendation

Infants, toddlers and pre-schoolers should not be sedentary, restrained or kept inactive for more than 1 hour at a time - with the exception of sleeping.

Sometimes babies and young kids are left inactive for longer than they should be - in strollers, high chairs or car seats. Let parents know how important movement is for babies and young kids.







Playing with babies and kids helps them to be active

#### **Ideas for active play with kids**

- Join in the play - adults can help kids to be more active.
- Help kids pack up their toys.
- Play together with simple things like buckets, clothes, boxes and containers.
- Show kids how to run, jump and make big movements.
- Help kids to play new games.
- Play with baby on the floor.
- Encourage parents to get baby out of the stroller.
- Parents and kids can walk instead of driving.
- Parents can help kids to ride a scooter to their early childhood service.

**FOR MORE  
INFORMATION  
go to page  
133**

# Menu ideas







# Menu ideas

For more Get Up and Grow menu ideas,  
go online to:

[www.health.gov.au/internet/main/publishing.nsf/Content/  
phd-gug-child-cookbook](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-child-cookbook)

# Recipes

## CHICKEN AND VEGETABLE STIR FRY

INGREDIENTS	6 Serves	25 Serves	60 Serves
Canola oil	1/2 tbsp	2 tbsp	3 tbsp
Crushed garlic	1 Clove	2 Cloves	3 Cloves
Chicken thigh fillets (skinless)	350g	1.5 kg	3.5 kg
Cabbage	1/4 small	1 small	2 1/2 small
Carrot	1 Medium	4 Medium	10 Medium
Red capsicum	1	4	10
Zucchini	1 medium	4 medium	10 medium
Sweet chilli sauce	2 tbsp	3 tbsp	125 ml
Rice (uncooked)	1 cup	4 cups	10 cups





## Method

1. Cook rice according to packet instructions.
2. Wash vegetables and slice into pieces of similar size (discarding capsicum seeds and stalk).
3. Cut chicken into small strips, removing and discarding any skin or bones.
4. Heat oil in pan, add chicken and garlic, and gently cook until chicken is brown and cooked through. Set aside.
5. Add cabbage, carrot and capsicum to pan and cook for 2 to 3 minutes.
6. Add zucchini and continue to cook for 3 to 5 minutes.
7. Add chicken and sweet chilli sauce to pan. Stir and cook until vegetables are tender and chicken is warmed through.
8. Serve with steamed rice.

## BOLOGNESE

INGREDIENTS	6 Serves	25 Serves	60 Serves
Olive oil	1/2 tbsp	2 tbsp	3 tbsp
Garlic	1 clove	2 cloves	3 cloves
Brown onion	1 small	2 large	4 large
Carrot	1 large	4 large	10 large
Celery	2 stalks	1 kg	2.5 kg
Zucchini	1 large	4 large	10 large
Lean beef mince	400 g	1.75 kg	4 kg
Crushed tomatoes	1 x 800g can	3 x 800g can	8 x 800g can
Brown lentils	1 x 125g can	1 x 400g can	3 x 400g can
Dried basil	1/2 tsp	1 tsp	1 1/2 tsp
Dried oregano	1/2 tsp	1 tsp	1 1/2 tsp
Spiral pasta (uncooked)	1 1/2 cups	6 cups	15 cups
Grated cheddar or parmesan cheese	1/4 cup	1 cup	4 cups

## Method

1. Finely chop onion, carrot and celery. Grate zucchini. Drain and rinse lentils.
2. Heat oil in large frying pan over medium heat. Add onion, garlic, carrot, celery and zucchini. Cook, stirring, for 3 to 4 minutes or until onion is tender.
3. Add mince. Cook, stirring and using a wooden spoon to break up mince, for 5 to 6 minutes or until mince is browned. (For larger quantities, this will need to be done in small batches.)
4. Add tomato, lentils, basil and oregano to pan. Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until sauce has thickened slightly.
5. Cook pasta in boiling water, following packet instructions, until tender. Drain.
6. Serve pasta with sauce over the top and a sprinkle of grated cheese.
7. Serve with pita bread or wholemeal dinner rolls.



## PEA AND CHICKEN FRITTATA

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	1/2 tbsp	2 tbsp	3 tbsp
Onion (finely chopped)	1 small	1 large	2 large
Eggs	4	15	40
Chicken (cooked and diced)	200g	800g	2 kg
Peas	1 cup	4 cups	10 cups
Boiled potato (sliced)	1 large	4 large	10 large
Grated cheese	1/2 cup	2 cups	5 cups

### Method

1. Heat oil in pan and add onions. Stir and cook until soft but not brown.
2. Add chicken, peas and potato. Gently stir to heat through.
3. Whisk eggs in separate bowl.
4. Place vegetables into ovenproof dish.
5. Sprinkle grated cheese over vegetables.
6. Pour egg mixture over vegetables and cheese.
7. Bake in oven at 160°C for 30 minutes (or until cooked through).
8. Serve with bread or wholemeal crackers.





## VEGETABLE HOT POT WITH RICE OR PASTA

Ingredients	6 serves	25 serves	60 serves
Olive oil	1 tbsp	2 tbsp	3 tbsp
Brown onion	1 small	1 large	2 large
Sweet paprika	1/2 tsp	2 tsp	1 tbsp
Tomatoes	1 x 800g can	4 x 800g can	8 x 800g can
Hot water	275 ml	1 litre	2.75 litres
Tomato paste	1 tbsp	3 tbsp	6 tbsp
Cauliflower	1/2 small	2 small	4 large
Carrot	1 medium	4 medium	10 medium
Zucchini	1 medium	4 medium	10 medium
Potato	2 large	8 large	10 large
Green capsicum	1	4	10
Chickpeas	1 x 400g can	3 x 400g can	4 x 800g can
Low-fat Greek yoghurt	1/4 cup	1 cup	2 1/2 cups
Rice (uncooked)	1 cup	4 cups	10 cups
Pasta (uncooked)	1 1/2 cups	6 cups	15 cups



### Method

1. Cook rice or pasta according to packet instructions.
2. Preheat oven to 180°C.
3. Peel and chop onion. Break cauliflower into small florets. Slice carrot, zucchini, potato and capsicum into pieces of similar size.
4. Heat oil in large frying pan over medium heat. Add onion and cook for 5 minutes, until soft.
5. Add paprika, tomatoes, water and tomato paste. Stir and bring mixture to a simmer.
6. Add vegetables and chickpeas to pan. Stir to mix.
7. Transfer to ovenproof baking dish, cover and cook in oven at 180°C for 40 minutes (until all vegetables are soft).
8. Stir through Greek yoghurt just before serving.
9. Serve with rice or pasta.

## Notes

**For  
more  
information**

**133**





# For more information

## Indigenous Get Up and Grow resources

You can get additional copies of this handbook, the brochures and posters by contacting 1800 020 103 (ext. 8654) or by email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au).

## Additional Get Up and Grow resources

Additional Get Up and Grow resources can be found at:

[www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources).

These additional resources can also be ordered by telephone:

1800 020 103 (ext. 8654) or by email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au)

## Nutrition websites

***Get Up & Grow Healthy Eating and Physical Activity  
for Early Childhood Resources - Australian Government  
Department of Health and Ageing***

[www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources)

***Australian Dietary Guidelines and Infant Feeding Guidelines -  
National Health and Medical Research Council***

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

***Australian Guide to Healthy Eating - Australian Government  
Department of Health and Ageing***

[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm)

***Australian Breastfeeding Association***

1800 686 286

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

***Lactation Consultants of Australia and New Zealand***

(02) 9431 8621

[www.lcanz.org](http://www.lcanz.org)

***Allergy and Anaphylaxis Australia***

(02) 9482 5988 or 1300 728 000

[www.allergyfacts.org.au](http://www.allergyfacts.org.au)

***Australasian Society of Clinical Immunology and Allergy  
(ASCIA)***

[www.allergy.org.au](http://www.allergy.org.au)

**Australian Dental Association**

(02) 9906 4412

[www.ada.org.au](http://www.ada.org.au)

**Dietitians Association of Australia**

(02) 6163 5200 or 1800 812 942

[www.daa.asn.au](http://www.daa.asn.au)

**Health Insite**

[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

**Eat for Health**

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

**Food Standards Australia New Zealand (FSANZ)**

(02) 6271 2222

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

**Go for 2&5**

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)

**Nutrition Australia**

[www.nutritionaustralia.org/](http://www.nutritionaustralia.org/)

**Swap It Don't Stop It**

[www.swapit.gov.au](http://www.swapit.gov.au)

## Physical activity websites

### **Get Up & Grow Healthy Eating and Physical Activity for Early Childhood Resources - Australian Government Department of Health and Ageing**

[www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources)

### **Sport New Zealand**

[www.sportnz.org.nz](http://www.sportnz.org.nz)

### **Get Set 4 Life - Habits for Healthy Kids Guide - Australian Government Department of Health and Ageing**

[www.health.gov.au/internet/main/publishing.nsf/Content/Health\\_Kids\\_Check\\_GetSet4Life+Guide](http://www.health.gov.au/internet/main/publishing.nsf/Content/Health_Kids_Check_GetSet4Life+Guide)

### **Healthy Active**

[www.healthyactive.gov.au](http://www.healthyactive.gov.au)

### **Physical Activity Guidelines - Australian Government Department of Health and Ageing**

[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines)

### **Swap It Don't Stop It**

[www.swapit.gov.au](http://www.swapit.gov.au)

## Childcare websites

### **My Child**

[www.mychild.gov.au](http://www.mychild.gov.au)

### **Australian Children's Education and Care Quality Authority (ACECQA)**

1800 181 088

[www.acecqa.gov.au](http://www.acecqa.gov.au)

### **Early Childhood Australia**

(02) 6242 1800 or 1800 356 900

[www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au)

### **Early Years Learning Framework - Australian Government Department of Education Employment and Workplace Relations**

[www.deewr.gov.au/EarlyChildhood/Policy\\_Agenda/Quality/Pages/EarlyYearsLearningFramework.aspx](http://www.deewr.gov.au/EarlyChildhood/Policy_Agenda/Quality/Pages/EarlyYearsLearningFramework.aspx)

### **Kidsafe**

[www.kidsafe.com.au](http://www.kidsafe.com.au)

### **Raising Children Network**

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

## Indigenous specific websites

### **Live Longer!**

[www.livelonger.health.gov.au](http://www.livelonger.health.gov.au)

### **My Child - Indigenous Family Programs**

[www.mychild.gov.au/pages/FamiliesProgIndigenousFam.aspx](http://www.mychild.gov.au/pages/FamiliesProgIndigenousFam.aspx)

### **Good for kids, good for life**

[www.goodforkids.nsw.gov.au/Aboriginal\\_Kids](http://www.goodforkids.nsw.gov.au/Aboriginal_Kids)

### **Indigenous Professional Support Units**

#### **NSW and ACT**

1800 450 472

[www.ipsunswact.com.au](http://www.ipsunswact.com.au)

#### **NT - Top End**

(08) 8951 8376

[janise.fleming@batchelor.edu.au](mailto:janise.fleming@batchelor.edu.au)

#### **NT - Central**

(08) 8946 7127

[kate.oudyn@batchelor.edu.au](mailto:kate.oudyn@batchelor.edu.au)

#### **QLD**

1800 110 869

[www.ipsu.com.au](http://www.ipsu.com.au)

#### **SA**

1800 679 199

[www.ipsusa.org.au](http://www.ipsusa.org.au)



**TAS**

1800 647 718

[www.ipsu.gowrie-tas.com.au](http://www.ipsu.gowrie-tas.com.au)

**VIC**

1800 103 394

[www.vaeai.org.au](http://www.vaeai.org.au)

**WA**

1800 788 520

[www.ipsuwa.org.au](http://www.ipsuwa.org.au)

**Information about traditional games visit:**

[www.ausport.gov.au/participating/indigenous/resources/games\\_and\\_activities/full\\_resource](http://www.ausport.gov.au/participating/indigenous/resources/games_and_activities/full_resource)

**Secretariat of National Aboriginal and Islander Child Care (SNAICC)**

(03) 9489 8099

[www.snaicc.asn.au](http://www.snaicc.asn.au)

**The Australian Indigenous Health/InfoNet**

[www.healthinfonet.ecu.edu.au/](http://www.healthinfonet.ecu.edu.au/)

**Victorian Aboriginal Child Care Agency**

[www.vacca.org/](http://www.vacca.org/)

## State and territory resources

### NSW

#### **Go for 2 & 5**

[www.healthykids.nsw.gov.au/campaigns-programs/go-for-25.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/go-for-25.aspx)

#### **Health/InfoNet - Indigenous Resources NSW**

[www.healthinonet.ecu.edu.au/states-territories-home/nsw/resources](http://www.healthinonet.ecu.edu.au/states-territories-home/nsw/resources)

#### **I Move, We Move**

[www.goodforkids.nsw.gov.au/Partners/Early\\_Childhood\\_Education\\_and\\_Care/Physical\\_Activity/I\\_Move\\_We\\_Move](http://www.goodforkids.nsw.gov.au/Partners/Early_Childhood_Education_and_Care/Physical_Activity/I_Move_We_Move)

#### **Munch and Move**

[www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx)

#### **Nutrition Australia**

[www.nutritionaustralia.org/nsw/nutrition-services-early-learning-centres](http://www.nutritionaustralia.org/nsw/nutrition-services-early-learning-centres)

### TAS

#### **Early Years**

[www.education.tas.gov.au/earlylearning/earlyyears/resources](http://www.education.tas.gov.au/earlylearning/earlyyears/resources)

#### **Family Food Patch**

[www.familyfoodpatch.org.au](http://www.familyfoodpatch.org.au)

#### **Move Well Eat Well**

[www.movewelleatwell.tas.gov.au/](http://www.movewelleatwell.tas.gov.au/)

#### **Start Them Right**

[www.eatwelltas.com.au/PDFs/Startthemrightbook.pdf](http://www.eatwelltas.com.au/PDFs/Startthemrightbook.pdf)

QLD

**Early Childhood Programs - Physical Activity (Move Baby Move, Active Alphabet, Lets Get Moving)**

[www.communities.qld.gov.au/sportrec/community-programs/school-community/early-childhood-programs](http://www.communities.qld.gov.au/sportrec/community-programs/school-community/early-childhood-programs)

**Get Up and Grow**

[www.health.qld.gov.au/health\\_professionals/childrens\\_health/getup&grow.asp](http://www.health.qld.gov.au/health_professionals/childrens_health/getup&grow.asp)

**Go for 2 & 5**

[www.gofor2and5.com.au/MapPages\\_QLD/Promotionalresources/tabid/440/Default.aspx](http://www.gofor2and5.com.au/MapPages_QLD/Promotionalresources/tabid/440/Default.aspx)

**Growing Strong**

[www.health.qld.gov.au/ph/documents/hpu/growing\\_strong.asp](http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp)

**Health/InfoNet - Indigenous Resources QLD**

[www.healthinfonet.ecu.edu.au/states-territories-home/qld/resources](http://www.healthinfonet.ecu.edu.au/states-territories-home/qld/resources)

**Healthy Jarjums**

[www.health.qld.gov.au/healthieryou/healthyjarjums.asp](http://www.health.qld.gov.au/healthieryou/healthyjarjums.asp)

**Living Strong**

[www.health.qld.gov.au/lightenup/living\\_strong/default.asp](http://www.health.qld.gov.au/lightenup/living_strong/default.asp)

**Nutrition Australia**

[www.naqlld.org](http://www.naqlld.org)

WA

**Children and Parenting**

[www.meerilinga.org.au/children-parenting](http://www.meerilinga.org.au/children-parenting)

**Health/InfoNet - Indigenous Resources WA**

[www.healthinonet.ecu.edu.au/states-territories-home/wa/resources](http://www.healthinonet.ecu.edu.au/states-territories-home/wa/resources)

**Health and Wellbeing**

[www.meerilinga.org.au/health-wellbeing](http://www.meerilinga.org.au/health-wellbeing)

**Nutrition Australia**

[www.nutritionaustralia.org/wa/nutrition-australia-wa-childcare-advisory-services](http://www.nutritionaustralia.org/wa/nutrition-australia-wa-childcare-advisory-services)

SA

**Community Foodies**

[www.communityfoodies.com/](http://www.communityfoodies.com/)

**Eat Well, Be Active, Start Young**

[www.healthpromotion.cywhs.sa.gov.au/Content.aspx?p=208](http://www.healthpromotion.cywhs.sa.gov.au/Content.aspx?p=208)

ACT

**Kids at Play**

[www.health.act.gov.au/kids-at-play/about-us/about-us](http://www.health.act.gov.au/kids-at-play/about-us/about-us)

**Nutrition Australia**

[www.nutritionaustralia.org/act/nutrition-services-childcare-facilities](http://www.nutritionaustralia.org/act/nutrition-services-childcare-facilities)

VIC

**Healthy Living**

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/healthy\\_living](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/healthy_living)

**Nutrition Australia**

[www.nutritionaustralia.org/vic/nutrition-services-early-learning-centres](http://www.nutritionaustralia.org/vic/nutrition-services-early-learning-centres)

NT

**The Flour Drum Stove Cookbook**

[www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=14853](http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=14853)

**Nutrition and Physical Activity**

[www.health.nt.gov.au/Nutrition\\_and\\_Physical\\_Activity/Related\\_Sites/index.aspx](http://www.health.nt.gov.au/Nutrition_and_Physical_Activity/Related_Sites/index.aspx)

## Notes



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get up  
and grow

[www.health.gov.au](http://www.health.gov.au)

All information in this publication is correct as at August 2012.