

POLICY TIPS FOR A CHAIN, COUNCIL OR NSW GOVERNMENT PRESCHOOL/TAFE SERVICE



Do you find it difficult to amend policies at the service level?

Is the approval process too lengthy or difficult?

Does the process involve revisions and approvals from management or head office?

We have a solution!

Create a simple, 1 page 'service specific guideline' which outlines the processes your service follows regarding each of the 4 policies.

See the example scenario below.

EXAMPLE SCENARIO: Treetop Early Learning Centre

Please note, the following is an example only, and has been created for educational purposes.

Treetop Early Learning is an Early Childhood Education and Care chain service. There are 16 services in NSW that operate under Treetop Early Learning.

Treetop Early Learning have a Breastfeeding, Nutrition, Physical Activity, and Technology policy. However, the Technology policy does not include the three *Munch & Move* elements.

The Treetop Early Learning Centre in Parramatta has had a recent visit from a *Munch & Move* Support Officer, who encouraged them to create a 'service specific guideline' for the Technology policy, as the director was adamant that:

- Screens were not used in the 0-2 year room
- Screens were only used for 10 mins a day in the preschool room, for educational purposes
- Screens were never used to reward or manage challenging behaviours
- Educators did not use screens for recreational purposes in front of the children.

As the educators were already putting the *Munch & Move* elements into practice, all they needed to do was create a 'service specific guideline' to showcase this. An example of this can be seen on the next page.

Example only



Treetop Early Learning

SCREEN TIME SERVICE SPECIFIC GUIDELINE - TREETOP EARLY LEARNING PARRAMATTA

At Treetop Early Learning Parramatta, we support limiting the amount of time children spend engaging in screen time and sedentary behaviour for recreational purposes. Early childhood education and care services are an ideal place to develop good habits in young children and influence the behaviours of families.

In addition to the Treetop Early Learning Technology Policy, Treetop Early Learning Parramatta also commits to the following, aligned with NSW Health *Munch & Move* program:

- Following the Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep* - as an overall guide to screen use and sedentary behaviour at the service.
- Educators are encouraged to role model appropriate screen behaviours to the children.
- Under no circumstances is the screen to be used as a reward or to manage challenging behaviours.

Revised December 2019

Optional:

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*

For healthy growth and development in:

INFANTS (BIRTH TO ONE YEAR)

- Infants should not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or high chair).
- Screen time is not recommended.
- When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged.

TODDLERS (1-2 YEARS)

- Toddlers should not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or highchair) or sit for extended periods.
- For those younger than 2 years, sedentary screen time is not recommended.
- For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.
- When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged.

PRE-SCHOOLERS (3-5 YEARS)

- Pre-schoolers should not be restrained for more than 1 hour at a time (e.g. in a stroller or car seat) or sit for extended periods.
- Sedentary screen time should be no more than 1 hour in total throughout the 24-hour period; less is better.
- When pre-schoolers are sedentary, caregivers are encouraged to engage with them through activities such as reading, singing, puzzles and storytelling.