

We are a Munch & Move Service



WHAT IS MUNCH & MOVE?

Your child's health & wellbeing is important to us which is why we take part in the NSW Health *Munch & Move* program. By participating in *Munch & Move*, our service helps children to develop healthy habits and meet national health recommendations. You can help to support your children at home by keeping in mind the six *Munch & Move* key messages.

THE 6 KEY MESSAGES...

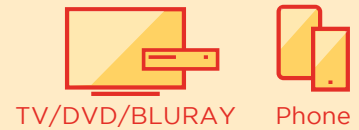
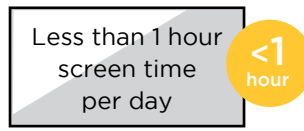
TURN OFF THE SCREEN AND GET ACTIVE

Infants, toddlers and preschoolers should not be inactive for more than one hour at a time, with the exception of sleeping.

Children less than 2 years



Children 2-5 years



CHOOSE WATER AS A DRINK

Water and plain milk are the best options for your child to drink.



How much water should your child have each day?



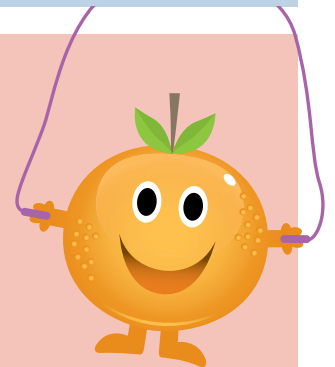
1-2 years
around 1 litre (5 glasses)



3-5 years
around 1.2 litres (6 glasses)

GET ACTIVE EACH DAY

- Babies should be active from birth through at least 30 minutes of tummy time/floor based play in safe environments.
- 2-5 year olds should be physically active for at least 3 hours spread throughout each day.
- Children should not be inactive for more than 1 hour at a time, with the exception of sleeping.



**HEALTHYEATING
ACTIVE LIVING**

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ENCOURAGE AND SUPPORT BREASTFEEDING

- Exclusive breastfeeding is recommended for babies up to six months.
- Continued breastfeeding for at least 12 months and longer, if the mother and baby wish.
- Talk to the educators at our service about how we can support you.



EAT MORE FRUIT AND VEGETABLES

Recommended daily serves:*

Children 2-3 years

 **2.5**
Vegetables

 **1**
Fruit

Children 4-8 years

 **4.5**
Vegetables

 **1.5**
Fruit

*Australian Dietary Guidelines, 2013

What is
a serve?



- At home, consider serving vegetables and fruit in a variety of ways to interest children.
- Add in vegetables to snacks, side dishes and main meals.
- Children may prefer them raw or cooked!

CHOOSE HEALTHIER SNACKS

- Healthy snacks give children the nutrients and energy they need to grow, learn and play.
- Try to include more vegetables in snacks.



Healthy
snack ideas



Talk to your child's educator to hear more about *Munch & Move* at our service.

For more information www.healthykidswesternsydney.com.au



For healthy lifestyle tips in different languages,
scan the code with your phone



HEALTHYEATING
ACTIVE LIVING