# Header image reads Move Well Eat Well Early Childhood.

# Policy Insertions

Need some help writing your *Move Well Eat Well* Early Childhood policy?

Try these policy insertions. You can provide this document to your internal or external policy writer.

These policy insertions cover the requirements of the *Move Well Eat Well* criteria. For AWARD status all points should be included in policy.

 If your service is doing these things in practice, you can use this exact wording if you choose. Simply cut and paste the points into your current policy.

# Healthy Eating/Nutrition Policy:

* This policy considers all ages and programs in our service, and our service follows the Australian Dietary Guidelines.

### Water for Hydration (find more information on [drinks for children).](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0009/81927/TT_DrinksforChildrenIMAGE3_20170726.pdf)

* We offer cooled boiled water to all infants from six to 12 months.
* We offer cooled boiled water to babies under six months who are not exclusively breastfed.
* We provide water with each meal and snack for children one year and over.

AND

* Water is available and accessible at all times and staff offer water regularly to children both indoors and outdoors.

###### OR

* Children have their own water-only bottles for use both indoors and outdoors.

### Breastfeeding (applies to all services, even if you do not provide care to babies)

* Our service and staff welcome breastfeeding and display and provide information that shows this support.
* Our service has a suitable comfortable space for mothers to express milk or breastfeed.
* Our service follows relevant safe-handling practices for breastmilk labelling, storage and use as recommended in the *Infant Feeding Guidelines*. *Please attach your breast milk handling procedures to your policy.*

For Child and Family Centres only

* We do not supply or promote infant formula, and staff know where to refer families for help with breastfeeding (ie Child Health and Parenting Service or the Australian Breastfeeding Association).

# Healthy Eating/Nutrition Policy (continued):

Fruit and Vegetables

* Whenever food is served, we offer fruit and/or vegetables.
* We serve a variety of age-appropriate fruit and vegetables daily.
* We request that families include a variety of fruit and vegetables in the lunchbox each day.

### Meal Environments

* Our educators encourage children to try new and different fruit and vegetables, including a range of colours, textures, flavours and aromas.
* Our educators and support staff sit with children during eating times, encouraging healthy eating behaviours in a positive, relaxed and social environment.
* We ensure there is plenty of time for children to eat as much food as they choose without feeling rushed.
* We encourage children to participate in the serving of food and self-feeding where age-appropriate.

### ‘Sometimes’ Foods and Drinks

* We do not give ‘sometimes’ foods and drinks to children in any food that we provide.
* The only drink that we provide at snack and meal times is water or plain milk.
* We discourage families from providing ‘sometimes’ food and drinks in lunchboxes brought from home. We do this by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(include examples of strategies, such as “We do this by providing ‘everyday’ meal and snack ideas through the newsletter and displays. We ask families to not pack ‘sometimes’ foods in lunchboxes in our enrolment pack”).*

###### For service that provide meals and/or snacks

* We follow the recommendation of Public Health Services dietitians regarding our menu.

### Limits in the service environment

* We have strategies in place that limit the availability of ‘sometimes’ foods and drinks in the wider service community, such as for fundraising, celebrations, cooking activities excursions, staff meetings and training. Some of our strategies include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*add detail such as “We do this by having non-food fundraisers and celebrating birthdays with a special birthday song and the child’s favourite fruit).*
* Our educators and staff do not use ‘sometimes’ food or drinks as a reward or incentive.
* Our wider service community (e.g.management/administration, committees, family support groups, other programs, suppliers and visitors) is encouraged to support the limiting of ‘sometimes’ food and drinks.

These policy insertions cover the requirements of the *Move Well Eat Well* criteria. For AWARD status all points should be included in policy.

 If your service is doing these things in practice, you can use this exact wording if you choose. Simply cut and paste the points into your current policy.

# Physical Activity Policy:

* This policy considers all ages and programs in our service, and our service follows the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years).

### Active Play

* We schedule outdoor active play two or more times per day for children 1–5 years.
* Free and creative active play is part of the daily curriculum (spread through the day).
* We engage in adult-guided play experiences, such as dance, drama, moving to music, climbing and active games on a daily basis (spread through the day).
* We provide age-appropriate, active play opportunities which challenge and encourage children to explore, make mistakes and test limits.
* We do not withhold indoor or outdoor active play as a behavior management strategy.

### Sedentary Behaviour

* Infants, toddlers and preschoolers are not kept sedentary, restrained or inactive for more than one hour at a time – except when sleeping.

### Screen Time

* Our service excludes all screen-based activities.

###### OR all four below

* Our service excludes screen-based activities for children under two years of age.
* For children aged two-five years we have limited screen-based activities – less than one hour per day. Screen-based activities are age-appropriate and are planned for a minimal amount of time.
* Educators/staff/family/adults always sit with children to monitor what is being watched and respond appropriately to the content and children’s reactions.
* We do not use screen-based activities as a reward, an incentive or for comfort.

### Active Transport/Road Safety

* At least twice each year, our service arranges and promotes an age-appropriate riding or walking activity within the service community. These events focus on road and pedestrian safety and are held either onsite or offsite. *You might like to include examples of strategies/activities.*
* Road safety education forms part of the service program.
* We positively promote active transport such as walking or riding as a form of travel to children, families, educators and support staff.
* Our families, educators and support staff have access to up-to-date road safety information through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*add what you do eg pamphlets, info evenings).*

These policy insertions cover the requirements of the *Move Well Eat Well* criteria. For AWARD status all points should be included in policy.

 If your service is doing these things in practice, you can use this exact wording if you choose. Simply cut and paste the points into your current policy.

# Health Promoting Service

(you can choose to have a ‘Health Promoting Service’ policy, or you could include these points in your existing general service policies if you prefer).

### Curriculum:

* Our service’s curriculum incorporates the key principles of the Australian Dietary Guidelines, the Infant Feeding Guidelines and the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years).
* Our curriculum incorporates the *National Quality Standards* and *Early Years Learning Outcomes* around healthy eating and active play. This guides service practices, policy and environment.

For Child and Family Centres only

* The curriculum, programs and services of our Child and Family Centre reflect the healthy eating and active play components of the National Quality Standards and are underpinned by the Early Years Learning Framework.

### Policies:

* Our service policies are provided to new and existing staff members and include an overview of the *Move Well Eat Well* – Early Childhood Award policies and practices.
* These policy documents are approved by the service governing body and/or sponsor.

### Staff Health and Wellbeing:

(Include this point in your existing Staff Health and Wellbeing Policy).

* Our service encourages and supports staff to model healthy eating and physical activity behaviours.

### Families, educators and support staff:

* We provide new families to the service with information about breastfeeding, healthy eating and physical activity. Our policies are made available to families.
* We include families, educators and support staff as partners in the program's policy development and revision.
* We provide families, educators and support staff with access to regular information, ideas and strategies to promote and support healthy eating and physical activity policies.

*201911*