

Getting started

A step-by-step guide to introducing *Move Well Eat Well* – Early Childhood and planning to become an Award Service.

Getting started

Getting started on the journey towards achieving a *Move Well Eat Well* – Early Childhood Award will be different for every early childhood education and care service.

The following steps can help you build support to create a sustainable, healthier service. They provide a guide for just starting out and extra ideas and strategies for those that already have health initiatives and support in place.



Step 1. Raise awareness

Here are a few suggestions to help raise awareness about children's health and to start building support and momentum for healthy changes. These could be organised by educators, support staff, your manager, principal or parents:

- Present the Member Certificate at a staff or parent meeting and display it in a prominent position.
- Display the icon poster and provide each room or family day care educator's home with a Progress Chart.
- Highlight examples of how your early childhood education and care service already supports children's health in your newsletters to families, educators and support staff.
- Download the promotional resources from the *Move Well Eat Well* website to promote awareness. Resources include:
 - Handouts
 - Newsletter inserts
 - PowerPoint presentations
- Try some Fun 'n' Healthy Ideas from this Starter Pack for getting started.
- Use your own websites to promote your service involvement.

Use the *Move Well Eat Well* website to share your Getting Started stories to inspire others.

www.movewelleatwell.tas.gov.au

Promote the Benefits of *Move Well Eat Well* – Early Childhood

- provides current and relevant resources, ideas and support for early childhood education and care services, to promote and recognise good practice in healthy eating and active play for children aged 0-5.
- incorporates the Australian Guidelines for Healthy Eating and Recommendations for Physical Activity for children 0-5 years, into a whole-of-service approach.
- provides evidence, resources and support to meet the National Quality Framework Standards for early childhood education and care services.
- provides resources and support for the key Early Years Learning Framework Outcomes.
- provides resources and support for the Tasmanian Health and Wellbeing Curriculum for kindergartens.
- empowers children, families, educators, support staff and community to champion children's health development and wellbeing.
- celebrates the positive health promoting linkages with families, health and community workers and the wider service community.
- ensures that the curriculum, practices and policies incorporate healthy eating and active play in a fun and creative way.

Fun 'n' Healthy Ideas to get started

Member Certificate presentation

Celebrate your commitment to children's health and wellbeing through your *Move Well Eat Well* Membership by presenting your Member Certificate at a special event, highlighting your existing achievements. You may wish to invite a local celebrity or dignitary to make the presentation. Why not link it to another Fun 'n' Healthy Idea?

Health Expo

Put together a Health Expo. Set up a range of stalls or stations for each of the *Move Well Eat Well* healthy messages. These stations could include posters, displays and demonstrations and involve fruit and veg tastings, come and try activities, healthy lunch box ideas, healthy recipe competitions, games and activities, cooking demonstrations, music and dance opportunities, guest speakers or sports organisation representatives. Or draw on other Fun 'n' Healthy Ideas. Get your whole service involved!

Champions

Create *Move Well Eat Well* champions to advocate your healthy eating and active play program. Champions can be family members, educators, management, principals, support staff or volunteers. Decide locally on the roles and responsibilities of champions to suit the individuals and the service.

Key activities for your champions may include:

- Presenting health information at staff meetings or family forums
- Role modelling healthy eating and active play habits
- Encouraging others in healthy eating or active play
- Being involved in planning, implementing and trialling new initiatives.

Finding a healthy mascot

Why not develop your own healthy mascot? This could be a large bear, a doll the children like, or something new brought to promote healthy eating and active play. Children could take turns to take the mascot home overnight and for weekends to promote healthy habits at home too. The children and educators could make up a progressive story about the mascot.



Step 2. Create a *Move Well Eat Well* action team

Seek expressions of interest from those who would like to be involved in a *Move Well Eat Well* – Early Childhood action team to help you achieve your Award. This committee might include a cook, family members, educators and a local health or community worker.

Early childhood education and care services will vary in the way they successfully introduce sustainable change. You may consider using an existing committee, or form a small representative group to lead, plan and coordinate efforts, share the workload and engage key groups within the service.

Step 3. Build support networks

Gain support from important decision-makers and groups within your service and community. Find out who they are. What will motivate them to support a healthier early childhood education and care environment? Promote the benefits of the program.

Internal support networks

- Form links with other early childhood education and care services interested in supporting healthy eating and active play to share ideas, resources and successful strategies.

External support networks

- Find out if there are any local nutrition or physical activity networks or health professionals who can provide expertise to assist you in achieving your Award. Look on the *Move Well Eat Well* website.

Step 4. Inform for a healthy change

Providing information to educators, support staff and families can help increase support for healthy changes and provides an opportunity to identify and reduce potential concerns. Consider the type of information educators, staff and families may need to make healthy changes positive, normal and easy. Surveys or forums may be useful methods for determining needs and priorities. Consider allocation of meeting time to share implementation ideas.

Draw on your community and use the information in the Starter Pack and website to:

- Highlight reasons for healthy changes to increase motivation – make the link between development, learning and developing healthy habits for life.
- Provide practical healthy eating and active play information for families, educators and support staff.
- Encourage professional development opportunities for educators to increase knowledge and skills.
- Identify and promote everyone's contribution to children's health.
- Promote simple ways to make a difference particularly within existing roles.
- Source examples of success to inspire others.

The 2007 **Australian National Children's Nutrition and Physical Activity Survey** identified that less than 25% of young children eat the recommended number of serves of vegetable on a regular basis. The experiences in early childhood settings can influence young children's eating behaviours and nutritional intake. *Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood*. Commonwealth of Australia 2009

Tips for choosing criteria to achieve first








- Consolidate current policy and practices
- Start with one or two simple and positive, low cost changes such as promoting water or fruit and vegetable consumption
- Consider feedback from educators, support staff, families and children
- Allow for factors such as busy periods, seasons, weather and holidays
- Allow time to implement each criterion
- Seek to coordinate priorities with health weeks, local government, community planning strategies and *Move Well Eat Well* activities
- Create a simple action plan for each criterion

Step 5. Choose which Award criteria to achieve first

Planning is often seen as a hurdle to getting started, but it is one of the most important steps towards creating sustainable changes. Start by selecting one or two Award criteria you plan to achieve first.

The planning pages at the end of this booklet can help you select Award criteria by critically assessing your starting point and recording your priorities for action. This exercise can be undertaken with your action or staff team. It may be helpful to compare this with the review you filled in with your *Move Well Eat Well* – Early Childhood Member Form.

Remember to incorporate your priorities into your whole-of-service planning documents. Select the appropriate booklet from this section. Create a simple action plan for each criterion. Download an action plan template for your selected criterion from the *Move Well Eat Well* website.

 <p>TAP INTO WATER EVERYDAY</p>	 <p>TURN OFF, SWITCH TO PLAY</p>
 <p>PLANT FRUIT & VEG IN YOUR LUNCHBOX</p>	 <p>STRAIDE AND RIDE</p>
 <p>LIMIT 'SOMETIMES' FOODS</p>	 <p>HEALTH PROMOTING SCHOOL</p>
 <p>MOVE, PLAY AND GO</p>	

Step 6. Achieve the Award criteria

Where to go next ►►

Starter Pack

The following sections of the Starter Pack can help by providing support and useful tools to help you get started.

In the front cover pocket:

Move Well Eat Well Member Certificate and progress stickers.

Section 3: Award criteria

Booklets for each of the Award criteria.

Section 4: Get support

A range of supporting programs, services and resources.

Section 5: Award Application Form

Fill this out when your service is ready to apply for the Award.

Move Well Eat Well website

Links to supporting programs and resources and access to the *Move Well Eat Well* Community Support Directory.

www.movewelleatwell.tas.gov.au

Hard copy Resources Wallet

A selection of relevant Australian materials that support the Award Program.



Plan to get started

Your service may wish to complete the following plan to help you identify your starting point and plan the implementation of the Award Program. The requirements outlined in Section 3 or the Award Application Form will help you identify which Award criteria you may have already met.

Date / /

		Need to review	Achieved	Planned to achieve in next six months	Planned for future	Proposed month to achieve
	1 Drinking water is available and accessible to children, both indoors and outdoors, at all times (e.g. water bottles, water coolers, jugs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	2 a) Exclusive breastfeeding is encouraged, with positive support, for babies up to six months. Continued breastfeeding is encouraged and supported beyond six months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	2 b) A variety of fruit and vegetables are a part of every meal or snack, for children about six months and over. Fruit and vegetables are requested in lunch boxes brought from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	2 c) Meal environments are planned to be positive, relaxed and social experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	3 a) 'Sometimes' foods and drinks are not included in planned menus and are discouraged in lunch boxes sent from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	3 b) 'Sometimes' foods and drinks are not used as a reward or an incentive and are limited in the wider service environment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	4 Daily child-initiated and adult-guided active play is a significant component of the service curriculum and is consistent with the National Physical Activity Recommendations for children 0-5 years.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	5 Screen time (e.g. television/DVD/computers/electronic games) is not used or is limited in the service, consistent with the National Physical Activity Recommendations for children 0-5 years.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	6 Age-appropriate walking, riding and road safety opportunities are provided as a regular part of the curriculum.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	7 a) Curriculum: The curriculum incorporates the Australian Guidelines and Recommendations on Healthy Eating and Physical Activity, and aligns with the relevant National Quality Standards, the Early Years Learning Outcomes, and the Tasmanian Curriculum Health and Wellbeing Standards.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	7 b) Policy: All <i>Move Well Eat Well</i> Award criteria are included within the policy and planning documents for all ages and are endorsed by the setting management or principal and school council.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
	7 c) Families, educators and support staff: Families, educators and support staff have access to policy documents and ongoing information, ideas and strategies to promote healthy eating and active play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

Priorities for action: _____(year)








Our priorities are:

Getting started

- ☐ Raise awareness
- ☐ Create a *Move Well Eat Well* — Early Childhood action team
- ☐ Build support networks
- ☐ Inform for a healthy change
- ☐ Choose which Award criteria to achieve first
- ☐ Achieve the Award criteria

Planning overview

Record below your activity over the next 3/6/12 months

Action team member	What?	By when?
		/ /
		/ /
		/ /
		/ /
		/ /
		/ /
		/ /
Record a date to review your progress		/ /