

MUNCH & MOVE

Key messages



The *Munch & Move* program promotes children's healthy eating, active play, and encourages limiting small screen recreation through six positive, health promoting key messages.

ENCOURAGE AND SUPPORT breastfeeding

Exclusive breastfeeding is recommended for babies until around six months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.

Breastfeeding is a learnt skill and it is acknowledged that some mothers may not be able to breastfeed for various reasons.

There are many benefits for both the mother and infant:

- ✓ It is safe, convenient and comes pre-warmed.
- ✓ It helps reduce the risk of allergies in children.
- ✓ It helps prevent gastrointestinal illness.
- ✓ It provides perfectly balanced nutrition.

CHOOSE WATER as a drink

There are many reasons why water is the best drink of choice and why we need to encourage children to drink it regularly throughout the day. Water helps keep us hydrated, assists in regulating body temperature and maintains bowel health. In most parts of NSW water also contains fluoride, which helps develop strong healthy teeth.

Children should be encouraged to drink water and plain milk.

How much fluid each day?

- ✓ Toddlers (1-2 years) 
- ✓ Preschool aged children (3-5 years) 

* Cooled boiled water can be introduced to babies in a sippy cup from 6-12 months.

** For children under 2 years full cream milk is recommended and for children older than 2 years reduced fat milk is recommended.





Tips on how to encourage water at home:

- ✓ Add fresh citrus segments/slices to the water to add natural flavour.
- ✓ When you go out always take a full water bottle for your child.
- ✓ Talk with your child about how we need water to survive, just like animals and plants do too.
- ✓ With the family meal serve water to everyone so you can role model drinking water too!

EAT MORE fruit and vegetables

Encouraging children to eat a wide variety of fruits and vegetables will have positive long term health benefits. Fruits and vegetables are a great source of vitamins, minerals and antioxidants and they supply dietary fibre in a child's diet.

The daily recommendation is:

- ✓ Children 2 to 3 years: 1 serve of fruit  and 2½ serves of vegetables. 
- ✓ Children 4 to 8 years: 1½ serves of fruit  and 4½ serves of vegetables. 

Tips on how to encourage fruit and vegetables at home:

- ✓ Ask your child to help you choose fruits and vegetables at the grocery store – make it a fun experience for them.
- ✓ Buy a variety of fresh, frozen and canned.
- ✓ Be creative in how you prepare and serve – for example raw, sliced, grated, cooked, mashed or baked.
- ✓ Make a smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruits and/or vegetables; blend it with reduced fat milk and/or yoghurt.
- ✓ Offer cut up vegetables as snacks.



MAKE
HEALTHY
NORMAL





CHOOSE HEALTHIER snacks

Children only have small stomachs and need snacks to provide them with the energy to get through the day and the nutrition to grow up healthy and strong. The best snacks are those based on healthy, filling 'everyday' foods from the *Australian Guide to Healthy Eating* such as fruit and vegetables, dairy products and wholegrain (wholemeal) breads and cereals.

Tips to choosing healthier snacks:

- ✓ Make healthy snacks from scratch like muesli slice or healthy muffins and freeze them.
- ✓ Have a prep night – for example every Sunday and Wednesday prepare your family snacks for the rest of the week. This can save time and money.
- ✓ Keep it simple – for example cheese on wholegrain crackers, vegetable sticks with hummus.
- ✓ Buy reduced fat yoghurt in large containers and transfer into small plastic containers for the lunchbox.
- ✓ Buy reduced fat cheese in bulk and cut into pieces/cubes.

GET ACTIVE each day

Being physically active has so many health benefits including helping to maintain a healthy weight and building strong bones and muscles. Participating in physical activity improves concentration, confidence and self-esteem and playing together strengthens relationships too. So, get active today and have fun as a family!



- ✓ Babies (birth to 1 year) should be encouraged to be physically active – particularly supervised floor-based play in safe environments.
- ✓ Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.
- ✓ Infants, toddlers and pre-schoolers should not be sedentary, restrained or kept inactive for more than one hour at a time – with the exception of sleeping.

Tips to encourage families to engage in physical activity:

- ✓ Walk or ride a bike with your child to the local shops or to and from childcare.
- ✓ Encourage children to help with household chores such as walking the dog, washing the car or mowing the lawn.
- ✓ Go for a family walk after a meal.
- ✓ Keep a football, frisbee, jump rope, scooters or bat and ball in your car at all times.

TURN OFF THE SCREEN AND get active

Encouraging children to turn off the screen and get active will mean less time spent in sedentary activities and also encourages them to become more social.

- ✓ Children younger than 2 years should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games). 
- ✓ Children 2-5 years, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day. 

Tips to manage screen time:

- ✓ Turn off the screen at meal times and eat together as a family.
- ✓ Make bedrooms screen-free zones.
- ✓ Place limits on screen time use.
- ✓ Role model good screen time habits.

Boredom busters:

- ✓ Make a creative cupboard – fill it with craft supplies (pencils, crayons, collage paper, glue etc).
- ✓ Have pre-made playdough in the fridge ready for your child to play with.
- ✓ Let your child help you cook! They could be in charge of measuring the ingredients or even cutting the food using a child-safe knife.
- ✓ Board games are great for the whole family.



For more information and ideas on healthy eating and physical activity visit www.healthykids.nsw.gov.au

**MAKE
HEALTHY
NORMAL**

