




How is your service is going with best practice:		
1	<u>Lunchbox services</u> : This service monitors food and drinks that are in children's lunchboxes each day	✓ x
2	<u>Menu Services</u> : Service menu includes fruit and vegetables at least once per day	✓ x
3	<u>Menu Services</u> : Service menu includes only healthy snacks options every day	✓ x
4	This service provides only water and/or age-appropriate milk (i.e. reduced fat milk for children over 2 years old)	✓ x
5	This service provides structured learning experiences about healthy eating at least twice a week	✓ x
6	This service provides 'tummy time' every day (where sites care for babies' ≤ 12 months)	✓ x
7	This service provides physical activity for 1-5 year olds at least 25% of the daily opening hours	✓ x
8	This service provides fundamental movement skills (FMS) for children 3-5 years of age every day to at least 90% of children	✓ x
9	This service's use of small screen recreation by 3-5 year olds is appropriate i.e. to gain knowledge or share information about a specific learning area or child's interest, or to facilitate active play	✓ x
10	This service has a written nutrition policy	✓ x
11	This service has a written physical activity policy	✓ x
12	This service has a written policy limiting small screen activities	✓ x
13	This service provides health information to families including healthy eating, physical activity, limiting screen time and breastfeeding (where sites care for babies' ≤ 12 months)	✓ x
14	This service has at least 50% of Primary Contact Educators trained on nutrition and at least 50% trained on physical activity	✓ x
15	This service monitors and reports annually on achievements of healthy eating and physical activity objectives as stated in policies and/or guidelines	✓ x


Following is a complete list of links for achieving and sustaining best practice in your service.....



Making a difference: Best Practice in the Early Childhood Setting

Best practice	How To Achieve this practice / Service Reflection	Where to go for help?
<p>1. Lunchbox services: This service monitors food and drinks that are in children's lunchboxes each day</p>	<ul style="list-style-type: none"> The service has clear nutrition guidelines for parents to pack healthy lunchboxes The service monitors lunchboxes every day and provides feedback to parents 	<ul style="list-style-type: none"> Good for Kids "Healthy Food Guidelines" posters The Good for Kids Balancing the Lunchbox resource Good for Kids sample letter for Families regarding healthy eating Good for Kids New Year Healthy Eating Checklist for services Munch and Move resources
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 2.1 Each child's health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> 2.1.1 – Each child's health needs are supported 2.2.1 – Healthy eating is promoted and food and drink provided by the service are nutritious and appropriate for each child
<p>2. Menu Services: Service menu includes fruit and vegetables at least once per day</p> <p>3. Menu Services: Service menu includes only healthy snacks options every day</p>	<ul style="list-style-type: none"> The service reviews each new menu to check it is in line with dietary requirements recommended by Caring for Children (2014). 	<ul style="list-style-type: none"> Caring for Children (2014) Get and Up and Grow Cooks manual Good for Kids Healthy Food Guidelines for Services Really Cooking Good Food Aboriginal Cook Book  Australian Guide to Healthy Eating
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 2.1 Each child's health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> 2.1.1 – Each child's health needs are supported 2.2.1 – Healthy eating is promoted and food and drink provided by the service are nutritious and appropriate for each child

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<p>4. This service provides only water and/or age-appropriate milk (i.e. reduced fat milk for children over 2 years old)</p>	<ul style="list-style-type: none"> • Water is freely available during the day and children are prompted to drink water at regular intervals throughout the day. • The service provides reduced fat milk for children over 2 years old and full cream milk for children under 2 years of age. 	<ul style="list-style-type: none"> • Good for Kids “Healthy Food Guidelines” poster encourages water and milk as a drink • Munch & Move resource – appropriate drinks by age • Good for Kids Milk Mythbusters Information Sheet
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 2.1 Each child’s health is promoted • 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> • 2.1.1 – Each child’s health needs are supported • 2.2.1 – Healthy eating is promoted and food and drink provided by the service are nutritious and appropriate for each child
<p>5. This service provides structured learning experiences about healthy eating at least twice a week</p>	<ul style="list-style-type: none"> • Educators regularly use planned and spontaneous opportunities to discuss healthy foods and healthy bodies. Eg Vegetable gardens, books featuring food, discussions at meal times. 	<ul style="list-style-type: none"> • Good for Kids Healthy eating learning experience resource • Munch & Move healthy eating learning experience ideas
<p>Quality Area 1:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 1.1 An approved learning framework informs the development of a curriculum that enhances each child’s learning and development. 	<p>Elements:</p> <ul style="list-style-type: none"> • 1.1.1 Curriculum decision making contributes to each child’s learning and development outcomes in relation to their identity, connection with community, wellbeing, and confidence as learners and effectiveness as communicators. • 1.1.3 The program, including routines, is organised in ways that maximise opportunities for each child’s learning.
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 2.1 Each child’s health is promoted • 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> • 2.1.1 Each child’s health needs are supported • 2.2.1 Healthy eating is promoted and food and drink provided by the service are nutritious and appropriate for each child

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6. This service provides 'tummy time' every day (sites caring for babies ≤ 12 mths)	<ul style="list-style-type: none"> Supervised floor based play including tummy time is provided every day. 	<ul style="list-style-type: none"> Good for Kids Physical Activity Handbook for babies Get up and Grow (Director/Coordinator Book) p58-60 The Munch & Move Manual p76-79, and p105-114
Quality Area 2:	Standards: <ul style="list-style-type: none"> 2.1 Each child's health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	Elements: <ul style="list-style-type: none"> 2.1.1 Each child's health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
Quality Area 3:	Standards: <ul style="list-style-type: none"> 3.2 The environment is inclusive, promotes competence, independent exploration and learning through play 	Elements: <ul style="list-style-type: none"> 3.2.1 Outdoor and indoor spaces are designed and organised to engage every child in quality experiences in both built and natural environments
7. This service provides physical activity for 1-5 year olds at least 25% of the daily opening hours	<ul style="list-style-type: none"> The service programmes opportunities to be physically active equal to 25% of opening hours eg free outdoor play, fundamental movement skill experiences, wet weather activities, music and movement, circle time. 	<ul style="list-style-type: none"> Munch & Move Manual has lots of ideas. Go to the Move section p69 – 156 Good for Kids I Move We Move Guide Good for Kids I Move We Move Activity Handbook Get up and Grow (Director/Coordinator Book) p55-70 Get Up And Grow Aboriginal and Torres Strait Islander Resources 
Quality Area 1:	Standards: <ul style="list-style-type: none"> 1.1 An approved learning framework informs the development of a curriculum that enhances each child's learning and development. 	Elements: <ul style="list-style-type: none"> 1.1.1 Curriculum decision making contributes to each child's learning and development outcomes in relation to their identity, connection with community, wellbeing, and confidence as learners and effectiveness as communicators. 1.1.3 The program, including routines, is organised in ways that maximise opportunities for each child's learning.
Quality Area 2:	Standards: <ul style="list-style-type: none"> 2.1 Each child's health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	Elements: <ul style="list-style-type: none"> 2.1.1 Each child's health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child

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<p>Quality Area 3:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 3.2 The environment is inclusive, promotes competence, independent exploration and learning through play 	<p>Elements:</p> <ul style="list-style-type: none"> 3.2.1 Outdoor and indoor spaces are designed and organised to engage every child in quality experiences in both built and natural environments
<p>8. This service provides fundamental movement skills (FMS) for children 3-5 years of age every day to at least 90% of children</p>	<ul style="list-style-type: none"> Educators have the knowledge and skills to conduct intentional FMS experiences including correct demonstration of each skill and feedback to progress skill development. Fundamental movement skill experiences are included in programmed physical activity time daily. Fundamental movement skills experiences can be delivered as transitions, music and movement, circuits/ obstacle courses, games etc. 	<ul style="list-style-type: none"> The Munch & Move Manual has a section on fundamental movement skills p88- 102 Good for Kids I Move We Move Guide p5.1–5.20 and Activity Handbooks for Toddlers and Preschoolers Fun Moves DVD Good for Kids I Move We Move FMS game cards. Munch & Move FMS lanyards – order here
<p>Quality Area 1:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 1.1 An approved learning framework informs the development of a curriculum that enhances each child’s learning and development. 	<p>Elements:</p> <ul style="list-style-type: none"> 1.1.1 Curriculum decision making contributes to each child’s learning and development outcomes in relation to their identity, connection with community, wellbeing, and confidence as learners and effectiveness as communicators. 1.1.3 The program, including routines, is organised in ways that maximise opportunities for each child’s learning.
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 2.1 Each child’s health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> 2.1.1 Each child’s health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
<p>Quality Area 3:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 3.2 The environment is inclusive, promotes competence, independent exploration and learning through play 	<p>Elements:</p> <ul style="list-style-type: none"> 3.2.1 Outdoor and indoor spaces are designed and organised to engage every child in quality experiences in both built and natural environments

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<p>9. This service’s use of small screen recreation by 3-5 year olds is appropriate i.e. to gain knowledge or share information about a specific learning area or child’s interest, or to facilitate active play</p>	<ul style="list-style-type: none"> • Small screen technology is used for educational purposes and facilitating active play. • The service has a policy on appropriate use of technology. • Practice and policy should give consideration to National recommendations for screen time for children 0-5 years. 	<ul style="list-style-type: none"> • Take a look at Section 7 of the Good for Kids I Move We Move Guide • Get up and Grow (Director/Coordinator Book) p71-76 • National Physical Activity and Screen time recommendations • The Munch & Move Manual focuses on reducing screen time in the Monitor section p157–162
<p>Quality Area 1:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 1.1 An approved learning framework informs the development of a curriculum that enhances each child’s learning and development. 	<p>Elements:</p> <ul style="list-style-type: none"> • 1.1.1 Curriculum decision making contributes to each child’s learning and development outcomes in relation to their identity, connection with community, wellbeing, and confidence as learners and effectiveness as communicators.
<p>10. The service has a written nutrition policy</p>	<ul style="list-style-type: none"> • Services Nutrition policy includes all aspects of best practice for promoting healthy eating in care. 	<ul style="list-style-type: none"> • Good for Kids sample Nutrition Policy • Munch and Move sample Nutrition Policy
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 2.1 Each child’s health is promoted • 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> • 2.1.1 Each child’s health needs are supported • 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
<p>Quality Area 6:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 6.1 Respectful supportive relationships with families are developed and maintained 	<p>Elements:</p> <ul style="list-style-type: none"> • 6.1.3 Current information about the service is available to families
<p>Quality Area 7:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 7.3 Administrative systems enable the effective management of a quality service 	<p>Elements:</p> <ul style="list-style-type: none"> • 7.3.5 Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly

Best practice	How To Achieve this practice / Service Reflection	Where to go for help?
11. This service has a written physical activity policy	<ul style="list-style-type: none"> Services Physical Activity policy includes all aspects of best practice for promoting physical activity in care. 	<ul style="list-style-type: none"> Good for Kids sample Physical Activity Policy Munch and Move sample Physical Activity Policy
Quality Area 2:	Standards: <ul style="list-style-type: none"> 2.1 Each child’s health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	Elements: <ul style="list-style-type: none"> 2.1.1 Each child’s health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
Quality Area 6:	Standards: <ul style="list-style-type: none"> 6.1 Respectful supportive relationships with families are developed and maintained 	Elements: <ul style="list-style-type: none"> 6.1.3 Current information about the service is available to families
Quality Area 7:	Standards: <ul style="list-style-type: none"> 7.3 Administrative systems enable the effective management of a quality service 	Elements: <ul style="list-style-type: none"> 7.3.5 Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly
12. This service has a written policy limiting small screen activities	<ul style="list-style-type: none"> Services Small screen technology policy includes all aspects of best practice for using small screen activities in care. 	<ul style="list-style-type: none"> Good for Kids sample Physical Activity and Small Screen Recreation Policy Munch & Move sample Physical Activity and Small Screen Policy
Quality Area 2:	Standards: <ul style="list-style-type: none"> 2.1 Each child’s health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	Elements: <ul style="list-style-type: none"> 2.1.1 Each child’s health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
Quality Area 6:	Standards: <ul style="list-style-type: none"> 6.1 Respectful supportive relationships with families are developed and maintained 	Elements: <ul style="list-style-type: none"> 6.1.3 Current information about the service is available to families
Quality Area 7:	Standards: <ul style="list-style-type: none"> 7.3 Administrative systems enable the effective management of a quality service 	Elements: <ul style="list-style-type: none"> 7.3.5 Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly

Best practice	How To Achieve this practice / Service Reflection	Where to go for help?
<p>13. This service provides health information to families including healthy eating, physical activity, limiting screen time and breastfeeding (where sites care for babies' ≤ 12 months)</p>	<ul style="list-style-type: none"> Information on healthy eating, physical activity, how your service supports breastfeeding, and small screen technology is provide to parents at least once a year. Eg parent newsletters, pamphlets, orientation packs. 	<ul style="list-style-type: none"> Information snippets for newsletters & websites Good for Kids 4 key areas flyer Munch & Move fact sheet for families Munch & Move Healthy Eating Newsletter Snippets Munch & Move Get Active Newsletter Snippets Move and Play Every Day Brochure Find active play snippets in I Move We Move - The Guide (section 2.15) Good for Kids parenting fact sheets
<p>Quality Area 2:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 2.1 Each child's health is promoted 2.2 Healthy eating and physical activity are embedded in the program 	<p>Elements:</p> <ul style="list-style-type: none"> 2.1.1 Each child's health needs are supported 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
<p>Quality Area 6:</p>	<p>Standards:</p> <ul style="list-style-type: none"> 6.1 Respectful supportive relationships with families are developed and maintained 6.2 Families are supported in their parenting role and their values and beliefs about child rearing are respected. 6.3 The service collaborates with other organisation and service providers to enhance children's learning and well-being 	<p>Elements:</p> <ul style="list-style-type: none"> 6.1.3 Current information about the service is available to families 6.2.2 Current information is available to families about community services and resources to support parenting and family well-being. 6.3.1 Links with relevant community and support agencies are established and maintained
<p>14. This service has at least 50% of Primary Contact Educators trained on nutrition and at least 50% trained on physical activity</p>	<ul style="list-style-type: none"> At least 50% of Educators maintain up to date with healthy eating and physical activity best practice through participation in external or self- directed training every 2 years. 	<ul style="list-style-type: none"> Munch and Move training options Fun Moves DVD Read the Munch and Move Manual
<p>Quality Area 4:</p>		<p>Elements:</p> <ul style="list-style-type: none"> 4.2.2 Educators, co-ordinators and staff members work collaboratively and affirm, challenge, support and learn from each other to further develop their skills to improve practice and relationships

Best practice	How To Achieve this practice / Service Reflection	Where to go for help?
<p>15. This service monitors and reports annually on achievements of healthy eating and physical activity objectives as stated in policies and/or guidelines</p>	<ul style="list-style-type: none"> • Service records reflection, goal setting, and achievements around nutrition, physical activity and small screen time and reports on these at least once a year. Eg in Quality Improvement plans, through formal reports for parents etc. 	<ul style="list-style-type: none"> • How Munch and Move links to the NQF and EYLF
<p>Quality Area 7:</p>	<p>Standards:</p> <ul style="list-style-type: none"> • 7.2 There is a commitment to continuous improvement • 7.3 Administrative systems enable the effective management of a quality service 	<p>Elements:</p> <ul style="list-style-type: none"> • 7.3.5 Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly

