



Nursery Room

Babies aged 6 weeks to 12 months

Described below are examples of how Munch & Move can be implemented in a nursery room for children aged between 6 weeks and 12 months.



Provide a supportive breastfeeding environment

- Display breastfeeding friendly service sticker and posters
- Provide a space for breastfeeding mothers to feed



No screen time for children under 2 years

- 24-hour movement guidelines brochure or magnet



Create positive mealtime environments and role model healthy eating

- Support mealtime environment resource
- Mealtime conversation cards



Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours

- Physical activity for infant development



Provide a supportive environment for physical activity, both indoors and outdoors

- Equipment to enhance physical activity for infants and toddlers



Access professional development in healthy eating and physical activity

- Small Bites for Big Steps



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

