***Munch & Move* Policy Review**

Does your service have the following policies? Do the policies contain the following elements recommended by Munch & Move?
Please tick the checkboxes relevant to your service and for the elements that are present in your policies.

**Service Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Breastfeeding policy**[Services with children aged 0-12 months only] | [ ]  Yes [ ]  No  | [ ]  Families are informed that the service provider and educators support breastfeeding when the families first make contact with the service provider (or during orientation).[ ]  Families are asked about breastfeeding at the time of enrolment.[ ]  Services develop a documented feeding plan for breastfed infants.[ ]  Services provide a supportive physical environment for mothers who want to breastfeed. |
| **Nutrition policy** | [ ]  Yes  [ ]  No  | [ ]  Strategies are in place to ensure that food provided by families in lunchboxes is consistent with the *Australian Dietary Guidelines* [Services who do not provide main meals only].[ ]  Food provided by the service is consistent with the *Australian Dietary Guidelines* [Services where food (meals/snacks) are provided only].[ ]  Strategies are in place to ensure food isn’t used as a reward or incentive for children.[ ]  Educators role model healthy food and drink choices. |
| **Physical activity policy** | [ ]  Yes [ ]  No  | [ ]  Reference to the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years).*[ ]  Physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated and educator led.[ ]  Educators actively role model to children appropriate physical activity behaviours. |
| **Small screen recreation policy** | [ ]  Yes [ ]  No  | [ ]  Reference to the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) (Sedentary Behaviour Recommendations).*[ ]  Not using screen time as a reward or to manage challenging behaviours.[ ]  Educators are encouraged to role model appropriate screen behaviours to the children. |

Please return the checklist to your support officer or Good For Kids: HNELHD-GoodforKids@health.nsw.gov.au

 

Worimi Artist, Lara Went

“The heart of a child”