Commitment to Munch & Move Policy Practices

for Small Screen Recreation

Our service, <insert name of service> is committed to implementing the key elements of relevant Munch & Move policies. These key elements are considered best practice in supporting healthy heating, physical activity and limiting the use of screen time. Our commitment to best practices Munch & Move relating specifically to small screen recreation is as follows:

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| Small Screen Recreation |
| Our service commits to:   * Refer to the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years) as an overall guide to screen use and sedentary behaviour. * Not using screen time as a reward or to manage challenging behaviours. * Ensure that Educators role model appropriate screen behaviours for children. |
| Our service demonstrates commitment to these key elements by:  <Please outline the steps/actions you take to implement the above policy elements> |
| In the next 12 months, our service will focus on the following small screen recreation goals:  <List any goals that the service has in relation to small screen recreation use> |

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| Developed by: <insert name> | Date: <insert date developed> |
| Role in service: <insert role of person above> | Review date: <insert date 12 months from above> |