

Toddler room

Children aged 1 to 2 years



Described below are examples of how Munch & Move can be implemented in a toddler room for children aged 1 to 2 years.



Offer intentional healthy eating learning experiences 2-4 times per week

- Healthy eating learning experiences book



Create positive mealtime environments and role model healthy eating

- Supportive mealtime environment resources
- Mealtime conversation cards



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

- Physical activity for babies and toddlers resource



Supportive environment for physical activity, both indoors and outdoors

- Equipment to enhance physical activity for infants and toddlers



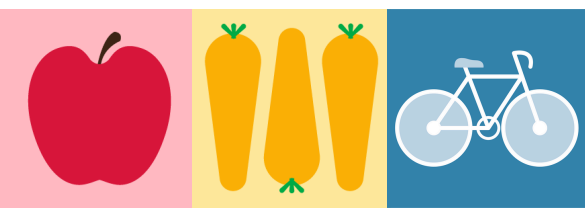
No screen time for children under 2 years

- 24-hour movement guidelines brochure or magnet



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

