

# Our commitment to the healthy development of children



## Physical activity and screen time

We aim to meet the Australian 24-hour movement guidelines by



- Setting up physical activity environments, both indoors and outdoors
- Providing opportunities for both intentionally led and spontaneous physical activity for at least 30% of the day
- Using screens for educational purposes only and not as a reward
- Educators role modelling positive physical activity and screen behaviours

## Healthy eating

We aim to encourage healthy food behaviours by:



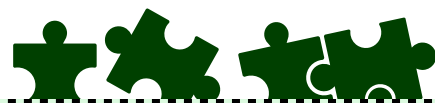
- Providing a menu consistent with the Australian Dietary Guidelines, which has been reviewed against the NSW Health menu planning guidelines
- Planning intentional healthy eating learning experiences 2 to 4 times per week
- Ensuring food isn't used as a reward
- Educators role modelling healthy food and drink choices

## Breastfeeding

We aim to encourage and support breastfeeding by:

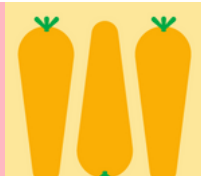


- Informing families that our service supports breastfeeding
- Talking with families about breastfeeding at enrolment
- Providing a supportive space where mothers can breastfeed
- Developing a documented feeding plan for breastfed infants and children



## Links to the National Quality Standards

- 2.1.3 - Healthy eating and physical activity are promoted and appropriate for each child.
- 3.2.1 - Outdoor and indoor spaces are organised and adapted to support every child's participation.



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

**Good for kids**  
Good for life

