

# Policy review checklist

## Breastfeeding, nutrition, physical activity and screen time

It is recommended that your policies contain specific elements recommended by Munch & Move to show your commitment to the healthy development and wellbeing of children at your service. Use this checklist to review whether your policies include all elements or whether your policies may need updating to include these.

Please tick the elements that are present in your policies

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

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



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

**Good for kids**  
Good for life

