



Munch & Move Newsletter

Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

August 2025

World Breastfeeding Week - 1st to 7th August



Prioritise Breastfeeding
Create sustainable support systems
WABA | WORLD BREASTFEEDING WEEK 2025

Prioritize Breastfeeding: Create Sustainable Support Systems

The 2025 theme for World Breastfeeding Week highlights the need for a whole-of-society approach to support breastfeeding.

Mothers need encouragement, resources, and an enabling environment - provided by families, communities, workplaces, and health systems - to breastfeed successfully. This year's theme also shines a light on the vital role breastfeeding plays in protecting the planet, by reducing the environmental impact of formula feeding.

The [Good for Kids website](#) has some great tips to support families at your service to prioritise and continue breastfeeding.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 3.2.3 Environmentally responsible

Element 6.1.3 Families are supported

More August events



Dental Health Week - 4-10th August

Visit [Teeth.org.au](https://teeth.org.au) to access the free *Guardians of the Gums* eBook and lesson plans for early childhood.



International Day of the World's Indigenous Peoples - 9th August

Check out our [International Day of the World's Indigenous Peoples](#) handout for ideas on how to celebrate this day at your service.



National Science Week - 10th - 18th August

Access the [Good for Kids Healthy Eating Learning Experience](#) resource for some food related experiments to spark the interest of your little scientists.

National Aboriginal and Torres Strait Islander Children's Day - 4th August

National Aboriginal and Torres Strait Islander Children's Day celebrates the incredible strengths, stories, and cultures of Aboriginal and Torres Strait Islander children.

This year's theme, *Little Footsteps, Big Future*, honours the journey our children take as they grow - each step guided by culture, community and connection to Country.

Click the link below for suggestions from the Good for Kids team to celebrate this important day at your service:

Link to NQS:

Element 1.1.3 Program learning opportunities

Element 2.1.3 Healthy lifestyle

Element 6.2.2 Access and participation

Element 6.2.3 Community engagement



Celebrating National Aboriginal and Torres Strait Islander Children's Day

FMS of the Month: Catching

Fundamental movement skills are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development making it important that FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

The more children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sports, which in turn boosts their social skills. This increased confidence also makes them more likely to stay physically active throughout their lives.

Our August fundamental movement skill is **CATCHING!**

Check out these Munch & Move videos for tips on how to teach the skill and an activity to practice: [CATCH](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 1.2.1 Intentional teaching

Element 1.2.2 Responsive teaching and scaffolding

FMS of the month: Catching



A new look for the Munch & Move website

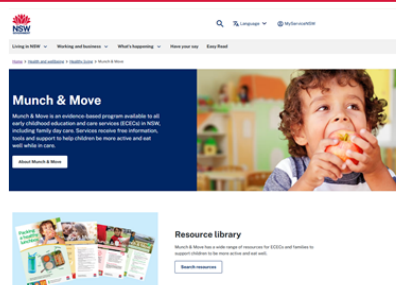
If you have been searching for the [Munch & Move](#) website recently, you may have noticed it has a new look and a new home, on the NSW Government site.

The new website features:

- Over 100 Munch & Move factsheets, videos & templates.
- A resource library that can be filtered by audience, topic and type.
- Information on Munch & Move training, menu planning, healthy eating and physical activity.
- A dedicated section for parent and carers that you can share with your families.

In addition, Munch & Move eLearning has now closed but never fear, **FREE** professional development continues to be available through the [Small Bites for Big Steps](#) program.

If you have any feedback or questions about the new website, please get in touch.



Munch & Move website

Small Bites for Big Steps program

Coming up in September...

Show Off Your Garden Warriors this Spring for a chance to WIN!

This September & October, show how you engage with children at your service in a vegetable garden experience.

You might be planting in the garden, caring for seedlings or using the garden produce in your cooking 🥕🥦🥔🥬🍅

Simply share a Facebook post and tag us [@Munch & Move with Good for Kids](#) to be in the draw to win.

While you are there - please like our Facebook page 👍👍

Every entry over the months of September & October will go in the draw to win a Healthy Harold Voucher or an awesome runners up prize.

And YES! If you post more than once, you will receive an extra entry into the draw!

So pull out the gardening gloves and release your garden warriors!



Follow us on Facebook

Webinar - Supporting Sensory Needs in Babies, Toddlers & Preschoolers: Practical Strategies for Early Childhood Educators



Register for the webinar

We are excited to welcome Michelle Newby, occupational therapist, as the speaker at our upcoming webinar.

In this session, Michelle will explore how sensory development influences the way babies, toddlers and preschoolers eat, move, play and participate in Early Childhood Education and Care settings. You'll gain a deeper understanding of sensory processing and learn how to spot signs that a child may be struggling. Michelle will share simple, evidence-informed strategies educators can use to support children's sensory needs, especially around mealtimes, physical activity, and daily routines.

WHEN: Tuesday 16th September

TIME: 12-1pm via Microsoft Teams

REGISTER: Click on the yellow link.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement

Element 7.2.3 Development of professionals

Where to get more information?

Munch & Move Hunter New England: [Early Childhood Services - Good for Kids](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

Munch & Move Resources: [Resources - Munch & Move](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

A Spotlight on Munch & Move training package: [Click here to register](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)

Join our network groups:

[Munch & Move for Babies and Toddlers Network Group](#)

[Good for Kids Cook's Corner Network Group](#)

[ECEC Aboriginal Educators Network Group](#)

Follow us



Contact us



The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



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

Good for kids
Good for life



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