

The uneaten lunchbox



If your child is not eating the food in their lunchbox it may be due to various reasons:

1. Too many new foods:

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- It can take up to 15 times of exposure before children will accept a new food.

3. Can't access the food:

- Some lunchbox containers and packaged food are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



2. Too much food:

- A lunchbox full of food can be overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.



4. Too busy playing:

- For many children, playing is more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.



For more information on lunchboxes,

[CLICK HERE](#)

Active play for toddlers and preschoolers



Active play includes any activity that involves moderate to vigorous bursts of high energy – that is, anything that can make someone “huff” and “puff”.



Here are some examples for parents and carers for activities in indoor and outdoor settings:

DID YOU KNOW? The National Physical Activity Recommendations for children are that toddlers (1 to 3 years) and preschoolers (3 to 5 years) should be physically active everyday for at least **three hours**, spread throughout the day.



Indoor	Outdoor
<ul style="list-style-type: none"> • Making an obstacle course. • Dancing to action songs. • Musical chairs. • Acting out a story. • Throwing a soft ball into a bucket and varying the distance. 	<ul style="list-style-type: none"> • Catching games. • Blowing bubbles and trying to catch them before they pop. • Making an outdoor obstacle course. • Potato sack races. • Follow the leader games.



[Click here](#) for more information and resources.



Healthy Family Bulletin

Screen time limits



For more information on physical activity and screen time,

[CLICK HERE](#)

You can limit your family's screen time by:

- Allocating a specific time period for electronic media use, preferable not during daylight hours when you can be active outside.
- Rewarding good behaviour with active family time rather than with electronic media use.
- Turning off the TV, especially during meal times.
- Making bedrooms TV and computer-free zones.
- Storing portable electronic devices, such as phones, tablets and electronic games, out of sight.
- Setting a good example – reduce your electronic media use for entertainment.



Cooking with kids



Healthy bird seed crackers recipe



Prep: 20 mins

Cook: 25 mins

Serves: 12



Try this healthy cracker recipe and add it to your lunchbox.

The recipe can be adjusted to make fruit or savory crackers. Get the children involved in cooking and download the recipe today!

[CLICK HERE](#)



Healthy Family Bulletin

Help your children to like eating vegetables



So how do you encourage your family to eat more veg?

Be a role model. All adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours - and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the colours, the varying tastes and textures and how people feel after eating vegetables.

Avoid telling your kids to eat vegies because they are healthy. Kids live in the moment! How they feel right now means more to them than long-term health outcomes.

Keep putting them out there. If you avoid putting vegies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient. The more you offer them, the more likely they'll eventually try them.

Make it easy and available . . . especially when they are hungry!

Use the 'Up the Veg' poster to encourage your family to eat a wider variety of vegetables. You can find it [here](#).

Be rewarding! Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!



DOWNLOAD

Get your copy of '[Up the Veg at Home](#)' activity ideas' for tips on how to add more vegetables to recipes and lunchboxes.

Mental health support from conception to the teenage years



The [Infant Child & Adolescent Mental Health Service \(iCAMHS\)](#) provides safe and culturally appropriate care and support to children and teenagers up to age 18, and their families. Staff work in the community and cater for a range of mental health concerns including depression, anxiety, eating and obsessive compulsive disorders and autism spectrum disorders. Staff also give advice about the services available for children or teenagers who may be struggling in their day-to-day lives. The team accepts referrals from GPs, paediatricians, school counsellors or the NSW Mental Health Line 1800 011 511. When a child or adolescent attends a hospital Emergency Department for mental health concerns, they are followed up by the Acute Care team who will then refer the person to the iCAMHS team as it does not provide crisis care.





Healthy Family Bulletin

Dancing, star jumps and lunges



MOVE MORE MAY CHALLENGE

SIT LESS, MOVE MORE, FEEL GREAT!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 1 TO 2 SETS of 10 SUPERMANS ON each leg	2 MOVE HARDER Jog on the spot for 3 to 5 minutes
3 2 SETS of 10 CLAMS alternating each side	4 EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	5 1 TO 2 SETS of 10 LUNGES on each leg	6 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	7 1 TO 2 SETS of 10 SQUATS (or squat jumps for an extra challenge)	8 DANCE IT OUT Have a dance party in your lounge room	9 1 TO 2 SETS of 10 CALF RAISES
10 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	11 1 TO 2 SETS of 20 MOUNTAIN CLIMBERS	12 MOVE STRONGER Complete our 3 minute workout plan (see next page)	13 1 TO 2 SETS of 10 PUSH UPS	14 MOVE HARDER Jog on the spot for 3 to 5 minutes	15 10 LEG LIFTS alternating left and right, hold pose for 5 SECONDS	16 EXERCISE YOUR MIND 2 to 5 minutes of mindful walking
17 1 TO 2 SETS of 10 BURPEES	18 MOVE STRONGER Complete our 3 minute workout plan (see next page)	19 2 TO 3 MINUTES of AIR BOXING	20 EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	21 1 TO 3 SETS of 10 V-SITS	22 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	23 HOLD PLANK for 30 SECONDS TO 1 MINUTE
24 EXERCISE YOUR MIND 2 to 5 minutes of mindful walking	25 1 TO 3 MINUTES of HIGH KNEES	26 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	27 HOLD SUPINE BRIDGE for 30 SECONDS TO 2 MINUTES	28 MOVE STRONGER Complete our 3 minute workout plan (see next page)	29 1 TO 2 SETS of 10 SIT-UPS	30 MOVE HARDER Jog on the spot for 3 to 5 minutes
31 1 TO 2 SETS of 10 STAR JUMPS	CONGRATULATIONS! YOU'VE COMPLETED MOVE MORE MAY					

Gather your family and workmates and get moving in May. The challenge is a great way to move more and exercise your body and mind. You'll enjoy a fun range of activities including air boxing, squats, sit ups and push ups.

LEARN MORE

Tips for this flu season

Stop the spread of the flu:

- Stay at home if you're sick
- Sneeze into your elbow
- Clean your hands for at least 20 seconds.
- Sanitise your hands



LEARN MORE

Flu season is here



Everyone 6 months and over is recommended to get a flu shot.

Ask your doctor, pharmacist or Aboriginal Medical Service today.

www.health.nsw.gov.au/influenza

