



# MUNCH & MOVE

## South Western Sydney



JUNE 2025

### What's Happening:

#### Active play in all environments - 24, 25 and 27 June



Educators are invited to join a free webinar to learn more about increasing active play at their early childhood service!

Our team will share practical ideas to increase active play in all weather and physical spaces, as well as how to encourage risky play. To register for a webinar, click on your preferred date:

- [Tuesday 24 June, 6.30pm-7.30pm.](#)
- [Wednesday 25 June, 6pm-7pm.](#)
- [Friday 27 June, 10am-11am.](#)

#### Mabo Day - 3 June

The day celebrates the life of Eddie Mabo and the historic 1992 High Court decision that recognised land rights in Australia.

To honour this day at your service:

- Read Somebody's Land by Adam Goodes.
- Invite First Nations Elders or families to share their stories.
- Plan activities for children like creating the Aboriginal flag or exploring bush tucker through cooking or sensory play.



#### World Environment Day - 5 June

Ending plastics pollution is the theme.

Plan some fun activities for children:

- Go on a nature walk and collect safe and visible litter.
- Play a plastic sorting game based on colours or shapes.
- Make a personal scrapbook using clean recyclables.
- Have a plastic-free picnic using reusable containers and cloth napkins.

[CLICK HERE](#)



# First 2000 days of life video series



Educators and services play an important role in children's growth and development during the first 2000 days of life.

The time from conception to a child's fifth birthday sets the building blocks for the next 30,000 days of life (that's 82 years!).

To support you and everyone in the community, our Health Promotion Service has launched a First 2000 Days of Life video series. The 11 videos share the simple things we can all do to support children and their families.

The theme is: Together, we can give children the best start to life. You'll hear from educators, health workers, pregnant and new mums, and dads. Nine videos are in English and two are in-language, in Arabic and Hindi.

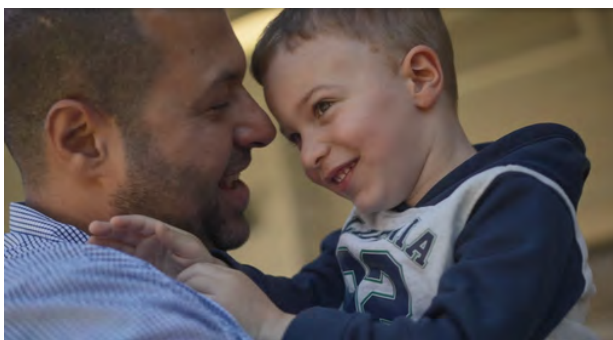
Please watch and share the videos.

## Key messages

- The benefits of early learning.
- Early intervention.
- Positive childhood experiences.
- Baby's brain development.
- Pregnancy and antenatal care.
- Breastfeeding support.



To watch the videos, [click here](#).



## Spotlight on Munch & Move training June module - physical activity



This month's Spotlight on Munch & Move module is the first in the series to focus on physical activity. Module Six covers:

- Indoor activity play.
- The 24-Hour Movement Guidelines for toddlers and preschoolers.
- Physical activity policies.



### Top tips:

- Once you complete all 12 modules, don't forget to send through your attendance sheet and reflection document.
- To register for Spotlight on Munch & Move, [CLICK HERE](#) 



# FMS of the Month: catching



Catching is a manipulative skill that uses the hands to receive and hold an object that's moving through the air, like a ball. It helps develop hand-eye coordination, timing and focus.

## Top tip:

Help children practice catching by playing Tick-Tock, Beat the Clock. It's a fun outdoor game that uses a ball.

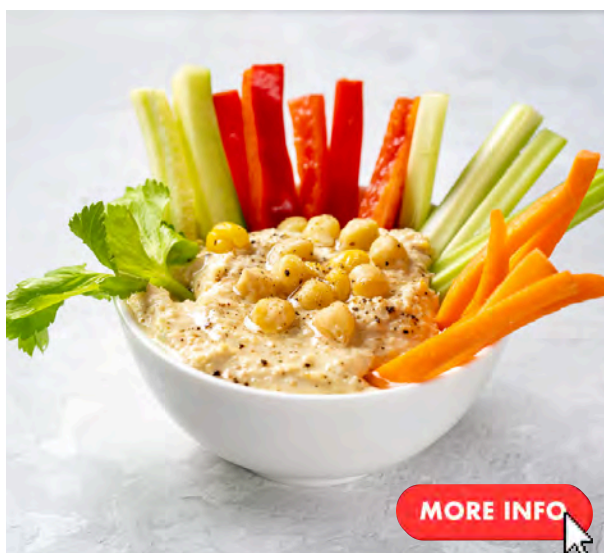
Find the rules on page 59, [here](#).



## Two serves of vegetables will make your day



It is recommended that you provide at least two serves of vegetables on your menu every day. An easy way to do this is to provide vegetables at two meal times - at lunch and morning or afternoon tea.



Try these vegetable ideas for morning or afternoon tea:

- Corn on the cob.
- Baked beans on toast.
- Raw or cooked vegetables with salsa or dip.
- Vegetable pancakes.
- Vegetable toppings on mini pizzas.

## Screen time toolkit and tips for families

The Sydney Children's Hospital Network and clinicians have teamed up to create a screen time tool kit. It includes tips for families about limiting screen time. Topics include:

- Managing tech tantrums.
- Screen learning and eye health.
- Setting limits.

[LEARN MORE](#)



You can also share resources from:

- [eSafety Commissioner](#).
- [Screen Free Week](#).
- [Common Sense Media](#).

If you missed our Navigating Screen Time in Early Childhood Services webinar, watch it [here](#).

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