



# MUNCH & MOVE

## South Western Sydney



AUGUST 2025

### What's Happening:

#### World Breastfeeding Week: 1 to 7 August




Mum Evangeline breastfeeds her son Evangelo to support his growth and development. Watch a video to learn more.



You can support families at your service with breastfeeding by:

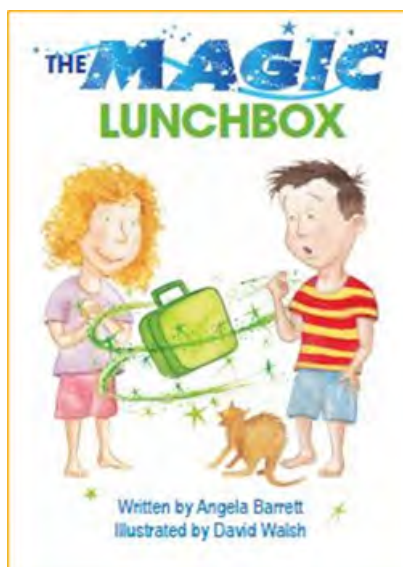
- Displaying 'breastfeeding welcome here' signs.
- Talking about breastfeeding at orientation and/or enrolment.
- Having space available for mothers to breastfeed.
- Developing a documented feeding plan for breastfed infants.
- Having a service policy about breastfeeding.


For Munch & Move breastfeeding tools, [CLICK HERE](#)   
Read more about [World Breastfeeding Week](#).

#### Children's Book Week - 16 to 23 August

Have fun and 'book an adventure' for Children's Book Week! Books and stories are great ways for children to learn. Use books like The Magic Lunchbox and Dinnertime with Isla to talk about healthy eating. Use books like Jack's FUNtastic Day to help children get active and limit their screen time.

[LEARN MORE](#)



For a copy of these books, contact your Munch & Move support officer or [CLICK HERE](#) 






## FMS of the Month: kicking



Kicking is one of the manipulative skills. It involves applying a pushing force to an object with the foot. It requires good balance and coordination.

You can learn all the teaching cues for kicking and the common errors children might make by watching a Fun Moves video, [click here](#). 



**Top tip:** You can watch the Fun Moves videos with children so they can see what each of the fundamental movement skills looks like.



2025 training program

### Spotlight on Munch & Move

12 short modules. Complete one each month at your staff meetings.




## August module - Fundamental Movement Skills

Module eight covers the Fundamental Movement Skills for children aged 18 months to 3, as well as children aged 3 to 5. The module includes an overall reflection on physical activity. We recommend you complete modules six and seven before completing this one.

### How:



- To access the Spotlight on Munch & Move training package, you can register [here](#). 
- You will receive an email with the link to the training, plus the attendance sheet and reflection questions.







## Your menu can guide parents at home



To find out more, talk to your Munch & Move support office or [email us](#) today!

A service menu is a great way to let families know what foods you serve and how they support their child's daily nutritional needs even at home. Keep your menu clear and informative to support families. When planning your next service menu, consider the following:

1. Mention full-fat milk is served for children under 2 and reduced or low-fat milk for children over 2.
2. Indicate if water is available all day.
3. Include baked goods using wholemeal flour and dried fruit no more than twice per week.
4. Note whether the meat and alternatives are lean (like meat cuts and mince).
5. Be as specific as you can with the types of food served like vegetables, grains and cereals.

## Try new foods using five senses

Helping children try new foods like vegetables can be challenging. It's something that educators and families have to deal with.

One way you can support children is by using the stages of exposure.

This means guiding children to explore new foods step-by-step using their five senses: hearing, sight, touch, smell and taste.

This gentle approach can help children feel more comfortable and safe when trying new foods, especially if they have sensory sensitivities.

To read more about the stages of exposure, [click here](#).



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[SWSLHD-MunchandMove@health.nsw.gov.au](mailto:SWSLHD-MunchandMove@health.nsw.gov.au)

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