



MUNCH & MOVE

South Western Sydney



OCTOBER 2025

What's Happening:



National Nutrition Week - 13 to 19 October

Take a bite into healthy eating to celebrate National Nutrition Week at your service! You can plan some fun group games to help children learn about and taste different foods. Try these fun ideas:

- Host a healthy eating tasting session.
- Play fruit and vegetable snap using photos of different foods.
- Grow carrot plants from carrot tops.
- Make fruit kebabs together.

Find more ideas in the Munch & Move Healthy Eating Learning Experiences Resource.



[CLICK HERE](#)

National Children's Week - 18 to 26 October

This year's theme is "Everyone should know about children's rights".

You can celebrate the week by hosting a morning tea, using [Children's Week bunting](#) to decorate your service, planning a treasure hunt or craft activities and making thank you cards for children to give to their friends.

Ask children how they'd like to celebrate the week. Do their favourite craft, learning or physical activities or serve their favourite foods.

[MORE INFO](#)



To help children's growth and development, watch our First 2000 Days of Life video series.

[CLICK HERE](#)



FMS of the Month - striking a stationary ball



Mini GOLF

Let's play mini golf, can you get a hole in one?



Equipment:
Newspaper, cardboard box, paper, small balls, masking tape and bean bags

Where to play:
Outdoors

Age:
Preschoolers (3 to 5 years)

What does the game look like?



KEY:
→ Direction of ball
○ Ball
■ Bean bags
● Children
▭ Cardboard tunnels



You can find this activity in the Mini Moves Activity Pack.



The manipulative skill uses an object, like a bat, to swing and hit a ball.

It involves hand-eye and whole body coordination.

Game idea

A fun way to practice striking a stationary ball is to set up a mini-golf course.

- Use cardboard boxes or chairs as tunnels. Set these up around the space to create your own course.
- Children take turns to strike a small ball around the course.

Hey baby, let's get physical!

Babies should be encouraged to be as active as possible from birth in a safe, supervised and nurturing play environment.

Physical activity encourages brain development, strengthens what the body can do, develops the senses and helps babies learn about their body and how it moves.

Activities you can do with babies include:

- Floor play like tummy time: This helps strengthen the neck and back muscles and develop muscle tone, vision, spatial awareness and balance.
- Massage: Provides body awareness and improves muscle tone.



- Vestibular stimulation: This refers to the process of stimulating the vestibular system, the part of the inner ear that helps you balance and know where your body is in space. Movements that stimulate the system include rocking, swinging, swaying and rolling.

Find more ideas in the Play with Me! Fun moves for 0 to 3 years resource.

[CLICK HERE](#)



Halloween recipe - pumpkin pancakes



Serves: 2. You can increase the quantities if making at your service.

Cooking time: 40 minutes.

Ingredients: 3.

Cost per person: \$1.

Ingredients:

- 60g pumpkin.
- 3 tablespoons rolled oats.
- 1 egg.

Serving suggestion:

- Top with seasonal fruit for extra flavour.

[Find the recipe here.](#)

Method:

1. Steam pumpkin in a pot for 20 to 25 minutes.
2. Mash into a puree, skin on.
3. Add the egg and mix through.
4. Mix oats in a blender and add pumpkin and egg mixture.
5. Heat oil in a frypan. Pour the batter into the pan to make small pancakes.
6. Repeat until all batter has been used up.

Spotlight on Munch & Move training October topics - supporting families and oral health

There are two topics in Module 10:

- Supporting families empowers educators with the skills to assist parents and their children.
- Oral health includes dental information for babies, toddlers and preschoolers.

GET STARTED NOW

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



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SWSLHD-MunchandMove@health.nsw.gov.au

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