



MUNCH & MOVE

South Western Sydney



MARCH 2026

What's Happening:



Veggie Month - 2 to 27 March



Celebrate Veggie Month by 'Putting Veg Under the Microscope!'

Register to receive fun and inspiring vegetable-themed resources to include in your daily programs.

Enjoy a month full of activities that you can use all year, such as:

- Hands-on science experiments.
- Storytime with vegetable-themed books.
- Songs and music activities.
- Recipes to cook and share.
- Gardening and learning experiences!

MORE INFO



Eating vegetables and being physically active helps children sleep better and maintain healthy teeth! March is a great time to focus on these habits.



World Sleep Day - 13 March

Reading to children before nap or bedtime helps them relax and supports learning. Read a bedtime book, share a video of good sleep tips with families and explore resources for educators.



World Oral Health Day - 20 March

Make oral health fun! Laminate a teeth poster, draw 'bacteria' marks and have children brush them off with a toothbrush. Share the How to brush video with families.



Measles health alert - how to stay safe

There has been an increase in measles cases worldwide, including in Australia. Here are some tips to share with your staff and the families at your service.



What are the symptoms?

Symptoms usually appear about 10 days after contact with someone who has measles. They can appear as early as 7 days or as late as 18 days.

Symptoms include:

- Fever.
- Cough.
- Runny nose.
- Red, sore eyes.
- Feeling tired or unwell.
- A red, spotty rash that usually starts on the face and neck, then spreads to the rest of the body.

[MORE INFO](#)

Vaccination:

If you travel to another country and you are not fully vaccinated, you could return with measles and infect others.

- Children receive measles vaccinations at 12 months and 18 months of age.
- Babies as young as 6 months can receive the measles vaccine if travelling to areas with outbreaks.
- Anyone born after 1965 who has not had two doses of a measles vaccine, or is unsure of their vaccination history, should speak to their doctor about getting vaccinated.

Adults should be aware of their vaccination status, particularly before travelling.

A simple blood test can confirm whether you are protected or not.

Measles mumps and rubella (MMR) vaccine may be required to provide protection.

If you are unsure, speak to your doctor.

[> LEARN MORE](#)

Why is this important?

Measles is a serious and highly contagious disease. It can impact those who cannot be vaccinated such as children under 12 months. It can cause serious complications to anyone who is infected.

What should you do?

If you think you or your family have been in contact with someone who has measles and you are not fully vaccinated:

- Watch for symptoms.
- Call your doctor or hospital before visiting, if you think you are becoming unwell.
- Isolate from others as you could spread the infection.

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FMS of the Month - catching



Catching helps children develop hand-eye coordination and play sports like cricket, football and softball.

Hands out in front with elbows bent.



Keep eyes on the ball.



Catch with both hands.

Tips for 0-3 year-olds:

- Use larger balls and roll them along the ground.
- Children roll a ball against a wall and catch it when it bounces back.
- Use textured balls for better grip.



Game for 3-5 year olds: Catchy rounders

- Form a circle and bounce the ball to each child.
- The other children clap when the ball bounces and reach up high when it is caught.
- For the game rules and more ideas,

[CLICK HERE](#)

Please share with parents and carers



How to introduce solid foods to your baby



Introducing solid foods can help to lower the risk of food allergies. Here is the latest advice from the Australasian Society of Clinical Immunology and Allergy:

- Start solids around age 6 months or when baby is ready; continue breastfeeding if possible.
- Introduce common allergy causing foods in the first year to reduce allergy risk.
- Offer egg and peanut in safe forms.
- Introduce one new allergenic food at a time.
- Keep tolerated allergenic foods in the diet regularly.
- Get medical advice before retrying a food after a reaction.
- A mild mouth rash alone is usually not an allergy.
- Do not put food on baby's skin.
- Breastfeeding parents don't need to avoid allergenic foods.
- Talk to your GP if you are worried about allergies.

Common allergen foods include eggs, peanuts, soy, wheat and sesame seeds.

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NSW
GOVERNMENT



Supporting healthy habits



Bradbury Preschool Kindergarten welcomed new families with an information night about children's health and wellbeing, at the end of last year.

A health professional shared simple Munch & Move tips about healthy eating, being active each day, drinking water and good screen time habits.

The session gave families ideas they can use at home.

Educators shared easy lunchbox ideas and showed how to make simple sushi using rolls, cups and slices.

Families joined outdoor activities such as safe fire lighting and wood whittling. Educators supervised each activity.

These experiences help children build coordination, focus, confidence and problem-solving skills.



They also support fine motor skills (using hands and fingers) and gross motor skills (large body movements). The session supports Quality Area 6 of the National Quality Standard by building strong partnerships with families. Families said they enjoyed the event and felt more confident making healthy choices at home.



For Munch & Move support or to share your story, [email us](mailto:SWSLHD-MunchandMove@health.nsw.gov.au).

Boost your learning with Small Bites for Big Steps



Family Day Care educators working with children up to age five can join free online courses through Small Bites for Big Steps. Learn at your own pace with short videos, simple quizzes and reflection questions. The courses share tips on healthy eating and physical activity that you can use every day. Modules are grouped by children's ages to make learning easy and relevant.

[REGISTER NOW](#)



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