



MUNCH & MOVE

South Western Sydney



MAY 2026

What's Happening:

National Family Day Care Week - 4 to 10 May



[LEARN MORE](#)

Thank you to the amazing Family Day Care educators in south west Sydney for your great work to support children and parents. You can celebrate the day by hosting a picnic at your service. Pick your favourite theme:

- Fancy dress,
- Arts and crafts, or
- All star sports.

The day is a fun way to celebrate the message, every child is a star.

National Families Week - 11 to 17 May

Host a family sports carnival, paint each other's portrait, cook, be active or spend time together! There are many fun ways to celebrate National Families Week at your service or at home. Families come in many forms. Connect, celebrate and have fun.



[CLICK HERE](#)

National Simultaneous Storytime - 27 May at 12pm



The children at your service can get involved and read 'Luna Roo the Kangaroo Baller' at the same time, at 12pm on 27 May.

The day is a fun way to enjoy reading and literacy and connect with others.

[REGISTER NOW](#)



Gastroenteritis - a guide for families

Gastroenteritis is a common illness in young children and spreads easily in early childhood settings. This guide explains when to seek help and when children can safely return to care.

Gastro can cause:

- Vomiting.
- Diarrhoea.
- Tummy pain.
- Fever.
- Tiredness and irritability.

[READ MORE](#)



Most cases are viral and get better on their own with rest and drinking fluid.

When your child must stay home

To protect other children and staff:

- Your child must stay home until 48 hours after their last vomiting or diarrhoea episode.
- This applies even if they seem well, as they may still be infectious.

Preventing spread at home

- Wash hands with soap and water.
- Clean and disinfect bathrooms and surfaces that are frequently touched such as door handles, taps and toys.
- Wash dirty clothes or bedding in hot water and dry in the sun, if possible.
- Keep sick children away from food preparation areas.



Why poo samples are requested in childcare gastro outbreaks

- Public health staff ask for poo samples to identify the exact pathogens, confirm an outbreak and guide control measures.
- Outbreaks are caused by viruses, bacteria or parasites. Laboratory testing helps to pinpoint the specific bug for targeted treatment.

When to seek medical care

Contact your GP if your child has these symptoms:

- Signs of dehydration (dry mouth, fewer wet nappies, dark urine, lethargy).
- Persistent vomiting or inability to keep drinking.
- High fever.
- Blood in poo.
- Severe tummy pain.
- Symptoms lasting more than a week.

Seek urgent care if your child

- Is very drowsy.
- Has green vomit.
- Shows signs of severe dehydration.

Returning to childcare

- Free of vomiting or diarrhoea for 48 hours.
- Eating and drinking.
- Enough energy for activities.



FMS of the Month - hopping and skipping

Hopping: Take off from one foot and land on the same foot while staying balanced. The skill is used in gymnastics, netball and basketball.

Teaching tips:

- Place a sticker on one foot as a visual cue to help children focus and remember which foot to use.
- Practice balancing on one foot, then switch to the other foot.
- Take it slow. Hopping is a tricky skill, so break it down step by step.



For a hopping video, [click here](#).



For a skipping video, [click here](#).

Skipping: Step and hop on alternate feet while staying balanced. Skipping is part of dance, tennis and football.

Teaching tips:

- Start with single-leg hopping as a transition into skipping.
- Practice tiptoe walking first to get used to being on the toes.
- Teach the legs first, then add in arm movements once the legs feel confident.

MORE INFO For more FMS videos, [click here](#).

Please share with parents and carers

The Floor is Lava

A fun way to get skipping and hopping!



🔥 The floor is lava 🔥

This fun game helps children develop their skipping and hopping skills.

How to play:

- Children skip, hop or dance around the room.
- When you call out, “the floor is lava”, children have five seconds to find a spot off the floor.
- Use mats or masking tape to mark safe spots.



Tip: Families can play this game at home using cushions, pillows or mats. It's a great way to get moving together. For another fun game for families, [click here](#).





Creamy comfort, made healthy



Make autumn and winter dishes creamy and comforting with a few simple swaps:

- Use plain yoghurt, cheese or milk instead of cream.
- Choose reduced fat sour cream, coconut milk or cream.



Recipe - Creamy chicken and veggie pasta

Makes: 23 small serves

Ingredients:

- 1kg wholemeal pasta.
- 1.7kg lean chicken breast, diced.
- 2 onions, chopped.
- 2 cloves garlic, crushed.
- 3 cups water.
- 1 medium zucchini, sliced.
- 2 cups peas.
- 4 large carrots, sliced.
- 1 cup plain Greek yoghurt.
- ½ cup grated mild cheddar cheese.
- 2 tbsp olive oil.

Method:

1. Cook pasta in salted boiling water. Drain, reserving ½ cup pasta water.
2. Heat olive oil in a frypan. Cook onions and garlic. Cook chicken, then remove and set aside.
3. In the same frypan, cook zucchini and carrots. Add peas and cook.
4. Add chicken, onions and garlic mix to pasta, then yoghurt, cheese and pasta water. Cook for 1 minute. Mix in vegies or serve on the side.

Recipes: Tomurcuk Childcare Centre, in Prestons.



Cooking with children made easy



Vegetable recipes are a great addition to your morning or afternoon tea. Children can help you mix the ingredients before you slice and pop them in the oven.

Recipe - Corn and cheese wholemeal pinwheels

Makes: 23

Ingredients:

- 2 wholemeal tortillas.
- 1 cup corn kernels, drained.
- 1 cup shredded mild cheddar cheese.
- ½ cup cream cheese, softened.
- ¼ cup diced capsicum.

Method:

1. Preheat oven to 190C. Line a tray with baking paper.
2. Mix cream cheese, corn, cheddar and capsicum.
3. Spread over tortillas. Roll tightly and cut into 2-3 cm rounds.
4. Bake pinwheels for 10-12 minutes. Serve warm.



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