



MUNCH & MOVE

South Western Sydney



AUGUST 2026

What's Happening:



1 to 7 August



World Breastfeeding Week

Support breastfeeding families in your community!

Your service can help by:

- Creating a welcoming and comfortable space for mothers.
- Sharing key resources and information with families.
- Knowing how to safely store and feed expressed breastmilk.



For breastfeeding tips, watch our First 2000 Days of Life video series, [CLICK HERE](#)



For books for children and resources to share with families, visit a handy guide, [CLICK HERE >](#)

15 to 23 August



National Science Week

Spark curiosity and connect science with healthy habits.

Try the Coloured Carnations experiment from the Munch & Move Healthy Eating Learning Experiences Resource.

Do this: Put white carnations in coloured water to show children how plants 'drink'. Talk about why drinking water is important for our bodies. [CLICK HERE](#)

22 to 28 August



Children's Book Week

Get ready for a 'Symphony of Stories' on Children's Book Week. Books are a great way to teach children about the world around them.

Read stories about food, mealtimes, movement and play.

For books and ideas,

[LEARN MORE](#)



FMS of the Month - striking a stationary ball

Teaching cues:

- Stand side on to the ball.
- Bring the bat back, away from the ball.
- Watch the ball with both eyes.
- Swing bat forward, hitting the ball, and swing all the way to your other shoulder.
- Twist your hips.

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Stand side-on



Hold the bat with both hands

Swing backwards and through

Striking a stationary ball is a manipulative skill that uses an object to swing and hit a ball. It can be a tricky skill for children to learn because it involves good hand-eye coordination, timing and control of the body.

Please share with parents and carers



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Explore food through play at home

Food games and activities are a fun way for children to explore new foods away from mealtimes. Touching and smelling foods can help build familiarity and confidence, especially for fussy eaters. Try these simple ideas at home:

- **Pretend food cupboard:** Use a shelf or cardboard box and fill it with toy food or food pictures. Children can sort, organise and create imaginary meals.
- **Fruit and veggie person:** Use items you have at home to make funny faces or characters on a plate. Let your child get creative with no pressure to eat, just explore and have fun.



Iron powers growing bodies

Iron plays an important role in children's brain development, energy levels and healthy immune system. With 1 in 4 Australian toddlers not meeting their recommended daily iron intake*, it is a great reminder to keep iron front of mind when planning your menu.

*Netting, Moumin, Makrides, Green, 2021 (The Australian Feeding Infants and Toddlers Study). [Click here](#).



Sources of iron:



Meat: beef, lamb, pork, fish, chicken.



Wholegrains: wholemeal bread, oats, brown rice.



Legumes: beans, lentils, chickpeas.



Vegetables: broccoli, spinach, peas.



Dried fruit: apricots, raisins, sultanas.

Simple recipes to try



Hummus

Tip: Serve with wholemeal crackers for extra iron.

[Click here](#).



Spaghetti bolognese

Tip: Use wholemeal pasta and/or lentils for added iron.

[Click here](#).



Wholemeal banana bread

Tip: Add iron-rich seeds.

[Click here](#).



Don't bin your scraps

Your kitchen scraps can become your next healthy eating learning experience. Growing vegetables from offcuts is a great way to spark children's curiosity about food, how it grows and about sustainability.

Easy vegetables to grow from scraps include:

- celery.
- spring onions.
- lettuce.
- tomatoes.
- avocados.



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Starting the day smoothly



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We know mornings can be busy, and many children arrive after spending time on screens. Helping them switch from screen time to play and learning does not have to be a battle.

Try these ideas:

- **Create an interactive entrance:** Use chalk or masking tape to add a hopscotch, animal footprints, shapes to jump between, or numbers to call out. Families can join in too.
- **Set up a swap box:** Place a box near the entrance with books, small toys or play items. Children can swap what they arrive with for something to carry inside.

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