

Munch & Move Professional Learning

Munch & Move supports the healthy development of children. It promotes physical activity, healthier eating and reduced small screen time. It fits with the National Quality Framework and the Early Years Learning Framework.

The following selection of free webinars will inspire educators to implement a fun, play-based approach that supports healthier habits in young children.

How to use this flyer

Electronic copy: each course that is underlined has a hyperlink that you can click on. This will take you directly to the webinar or course.

Hard-copy flyer: scan this QR code which takes you to an electronic flyer on our website. You can then click on the webinar or course.

You will be taken to the registration page for the live sessions. Others are pre-recorded.



Munch & Move Staff Development Kit and videos (self-paced)

These seven short videos are full of practical information for everyday practice and programming. It includes a program overview and one video for each of the Munch & Move key messages. The videos can be watched in any order. To access this resource the password is Oranges

Small Bites for Big Steps (self-paced)

Bite-sized professional learning on healthy child development. It includes short 2-minute videos and longer accredited courses on a range of topics.

Free Lunch & Learn live webinars

A range of live webinars are scheduled for the first Tuesday of each month, starting at 1pm. You can register for the underlined sessions (click on the link).

- **Loose parts play**, 14th October
- **Music & Movement**, 4 November
- **From Plan to Play: Implementing Munch & Move**, 2 December

Turn over the page for more available webinars



Munch & Move Free Professional Learning Webinars

All courses are on-demand, excluding the Live Online Sessions.

Healthy Eating	Physical Activity (PA)	Development	Development (cont.)	Other
<u>Food Learning Experiences</u> (25 min)	<u>Creating a PA and Screentime Policy</u> (25 min)	<u>Gross Motor Skills</u> (35 min)	<u>Responsive Communication</u> (45 min)	<u>Healthy Celebrations</u> (35 min)
<u>Breastfeeding Support for All</u> (25 min)	<u>Embedding Daily FMS</u> (35 min)	<u>Sensory Processing</u> (35 min)		<u>How to be a Sustainable Service</u> (40 min)
<u>Teaching Kids about Food</u> (25 min)	<u>Indoor Active Play</u> (35 min)	<u>Bounce & Grow: link between motor & social skills</u> (40 min)		<u>School Readiness</u> (45 min)
<u>Talking about Lunchboxes</u> (30 min)	<u>Physical Activity for 0-3yr olds</u> (35 min)	<u>Toddler Talk; busting the myths</u> (40min)		<u>NAIDOC Week Supporting Diversity</u> (45 min)
<u>Becoming a BF friendly service</u> (30 min)	<u>Active Play in Family Day Care</u> (45 min)	<u>Pre-walking Skills</u> (40 min)		<u>Celebrating Diversity</u> (50 min)
<u>Healthy Eating in Family Day Care</u> (45 min)	<u>Active Play in Every Weather</u> (50 min)	<u>Early Communication</u> (40 min)	Behaviour	<u>Intro to Autism</u> (75 min)
<u>Identifying Picky Eaters from Problem Feeders</u> (45 min)	<u>Tummy Time Today, Toddlers at Play Tomorrow</u> (60 min)	<u>Fine Motor Skill Development</u> (45min)	<u>Self-regulation</u> (40 min)	<u>Supporting transition to school</u> (50 min)
<u>Positive Relationships with Food</u> (50 min)	<u>Improve your Move- Fundamental Movement Skills</u> (60 min)	<u>Pretend Play</u> (50 min)	<u>Co-regulation for Big Feelings</u> (40 min)	
<u>Learn Through Food</u> (50 min)	<u>PA & FMS</u> (No time listed)	<u>Motor Developmental Milestones – when to worry</u> (60 min)	<u>Activities for Regulation</u> (50 min)	
<u>Fussy Eating</u> (60 min)	<u>Risky Play</u> (60 min)	<u>Gait and Physical Development</u> (60 min)	<u>Challenging Behaviours</u> (50 min)	
<u>Responsive Feeding</u> (50 min)	<u>FMS</u> (40 min)	<u>First 2000 Days</u> (60 min)	<u>Managing Anxiety in Children</u> (60 min)	



Use this QR code to access this flyer online or type in **healthupnorth.info/MunchMovePL**

For Munch & Move support, reach out to your local team at

✉ NNSWLHD-eatmoveplay@health.nsw.gov.au