

MEDIA RELEASE

Tuesday 23 July 2019

Welcome move to focus on healthy eating and active play

It's taken two years of hard work, but Warawyn Early Learning Centre will be officially made a Move Well Eat Well award service tonight (Tuesday, July 23 at 6pm).

Move Well Eat Well promotes healthy eating and active play as a normal part of a child's day.

Warawyn Early Learning Centre Manager Wendy Richards said Move Well Eat Well recommends a platform for early years services to assess themselves against for nutrition and lifestyle which has seven criteria.

"Over two years we show a breadth of evidence that we have embedded the criteria through our services before it can be put forward for assessment," Wendy Richards said.

"The educators are on the floor doing the ground work, that's where the hard yards are done."

Having celebration days and connection with events like "nude food day" makes parents think outside the box, Mrs Richards said.

"We don't want to dictate to families and we don't want to punish children, but it's about building really strong partnerships with families to create change," Wendy Richards said.

"The children are easy, they are little sponges and we now provide a healthy morning and afternoon tea. Often parents will say 'my child won't eat that', but because they are preparing it with us, the children are loving it and that has promoted a change of conversation children are having with their families."

Wendy said the children are less restless, with increased energy levels, and they are also dictating a shift in routine for the times they are eating.

"Children can make some great decisions early on about what they want to consume, how they want to use their energy and participate in our program. We hope they are lifelong skills."

Warawyn Early Learning Centre is the sixth Move Well Eat Well award service in the North-West, with 20 other childcare providers as members.

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