GET UP & GROW RESOURCES

Director/Coordinator Book HW1
The most detailed of all the Guidelines resources. Provides practical information and advice on early childhood healthy eating and physical activity, how to develop nutrition and physical activity policies and ways to support and encourage staff, carers and families. Includes each of the four Get Up & Grow books.
Format: A4 Spiral bound, 221 pages

Staff and Carer Book HW2
Provides practical information and advice on early childhood healthy eating and physical activity to all staff and carers in early childhood settings.
Format: B5, 84 pages

Cooking for Children Book HW3
Provides information and advice on early childhood nutrition, menu planning and food safety. Contains delicious and nutritious recipes for settings and families.
Format: B5 Spiral bound, 82 pages

Family Book HW4
Provides families with practical information and advice to support healthy eating and encourage physical activity in young children.
Format: B5, 76 pages

Get Up & Grow Posters
Six* posters for early childhood settings to encourage healthy eating and physical activity in young children. Features key messages from the Get Up & Grow resources and beautiful early childhood pictures.
Format: Full colour A3 posters

Get Up & Grow Brochures
Fourteen* full colour brochures covering the essential healthy eating and physical activity topics to support settings, staff and families. Features key messages from the Get Up & Grow resources and beautiful early childhood pictures.
Format: Full colour DL Brochures

Get Up & Grow Stickers
Four full colour stickers for early childhood settings
Sticker 1 Children need a challenge: Adventurous outdoor play is part of their learning and development
Sticker 2 We limit screen-time: Limiting screen-time means more opportunities for active play!
Sticker 3 Breastfeeding-friendly zone
Sticker 4 It’s hand-washing time!

TO ORDER any of the GET UP & GROW resources contact: NATIONAL MAILING AND MARKETING, PO Box 7077, CANBERRA MAILING CENTRE, ACT 2610, on 1800 020 103 or by emailing health@nationalmailing.com.au
The Get Up and Grow Healthy eating and physical activity for early childhood resources are an initiative of the Australian Government and were developed by a consortium of the Centre for Community Child Health (a department of the Royal Children’s Hospital Melbourne and a key research centre of the Murdoch Children’s Research Institute), Nutrition & Food Services at the Royal Children’s Hospital Melbourne, and Early Childhood Australia.

The resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a consistent, national approach to childhood nutrition and physical activity.

These healthy eating and physical activity resources are based on three key national health documents that focus on children, namely:

- The Australian Dietary Guidelines (2013) and the Infant Feeding Guidelines (2012), and
- The National Physical Activity Recommendations for Children 0 to 5 years.

The Get Up & Grow resources recognise the rich cultural and religious diversity in Australia and the important needs of young children.
Get Up & Grow Posters:
Less is best for screen time  HW14
Water - a healthy and essential drink  HW15
Your baby’s first foods  HW16
Learning through active play  HW17
Finding new flavours  HW18
Travel the active way  HW19

Get Up & Grow Brochures:
Lunchbox ideas  HW5
Breastfeeding and returning to work  HW6
Infant Formula  HW7
Food ideas for busy parents  HW8
First foods - childcare food  HW9
Importance of drinking water  HW10
Getting out and about  HW11
Decisions about downtime  HW12
Keeping children on the move  HW13
The role of parents  HW20
First foods - food from home  HW21
The importance of active play  HW22
Positive eating practices  HW23
Developing movement skills  HW24

Get Up & Grow resources for Indigenous early childhood services, parents and carers are also available.

www.health.gov.au
All information in this publication is correct as at April 2013