



## Some handy hints from the **Good for Kids** team

### Trying New Foods



Parents often ask us how they can help their child enjoy new & healthy foods.



#### Five things you can try:

- ◆ Introduce new foods at times when your child isn't too hungry or tired.
- ◆ Lead by example by enjoying & preparing the new foods together.
- ◆ Draw attention to the colour and texture of the food. This makes it more exciting. E.g. "Wow, this carrot is really crunchy".
- ◆ Encourage your child to "taste"- one bite will do. This is the start of learning to enjoy new foods.
- ◆ Children may need to try new foods up to 15 times before they will begin to accept the taste and/or texture of that food.
- ◆ *As with many other aspects of parenting, it's important to persevere.*

### Breastfeeding

**Did you know almost all women start out by breastfeeding, but less than half of babies are fully breastfed at 4 months?**

In some cases, it may be because mum did not get the right information and the right support, at the right time.

Check out the Australian Breastfeeding Association website:

<https://www.breastfeeding.asn.au/>

It has great information on all aspects of breastfeeding, including common concerns, returning to work while breastfeeding and continuing breastfeeding a child whilst in child care.

They also have a hotline for support **Ph: 1800 686 268.**



## Cutting Back on Screen Time

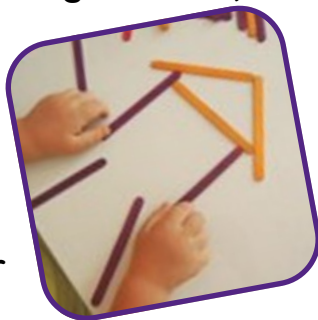


Did you know it's recommended that children 2-5 years spend no more than 1 hour per day in front of the screen?

Try these tips for keeping screen time in check:

- ◆ Have house rules about when watching TV is allowed
- ◆ Have meals together as a family and turn off the television
- ◆ Keep children's bedrooms technology free
- ◆ Know what your children are watching and that it's suitable
- ◆ Set timers when using computers, tablets or phones

There are many quiet activities to enjoy away from the TV, such as listening or dancing to music, drawing a picture, creating an artwork, reading stories, lego or play dough.



## Promoting Fundamental Movement Skills (FMS)

### Fundamental Movement Skills for Preschool Children

- \*Running
- \*Hopping
- \*Catching
- \*Dribbling a ball
- \*Jumping
- \*Side-sliding
- \*Kicking
- \*Striking a ball
- \*Gallop
- \*Underarm rolling
- \*Leaping
- \*Overarm throwing



### Why are Fundamental Movement Skills important?

Fundamental movement skills are important developmental skills for children. Children confident in these skills from a young age are more likely to continue to be physically active into adulthood.

These skills are not naturally acquired and children need to learn, and practice these skills.

The good news is the skills can be easily incorporated into favourite games and activities.

