

NSW Healthy Children Initiative

STATE LEVEL RECOMMENDATIONS

for Healthy Supported Playgroups

INTRODUCTION

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The State Level Recommendations for Healthy Supported Playgroups are based on formative research project findings and were originally developed collaboratively with input from members of the NSW Healthy Supported Playgroups working group. The NSW Healthy Supported Playgroups working group consisted of interdepartmental, cross government and non-government representatives including: the NSW Office of Preventive Health, NSW Local Health Districts, NSW Kids and Families, NSW Centre of Oral Health Strategy, Families NSW (NSW Department of Family and Community Services), and Playgroup NSW.

These State Level Recommendations for Healthy Supported Playgroups identify best practice interagency initiatives and areas for future development. At this stage the areas identified for development have progressed as far as possible. However, this resource serves as a valuable legacy tool and there may be an opportunity in the future to explore these strategies further.

Since developing these recommendations, the NSW Office of Preventive Health has developed resource activities, tools and learning experiences, which are available on the NSW Healthy Kids website www.healthykids.nsw.gov.au.

STATE LEVEL RECOMMENDATIONS FOR HEALTHY SUPPORTED PLAYGROUPS

This approach aims to utilise a settings based, systems level policy approach to provide state level strategic recommendations for key action areas designed to promote and support healthy eating, physical activity, reduced small screen time and oral health (key elements) within NSW supported playgroups and stakeholder organisations.

PRINCIPLES

State level recommendations for Healthy Supported Playgroups take into consideration the following principles:

- Recommendations which fit within the operation, management and purpose of supported playgroups
- Strategies and resources which incorporate principles of sustainability of the approach
- Flexible delivery to address variation of supported playgroup management and operation and diverse range of participants
- Evidence based on formative research project findings
- Organisational capacity building to enable integration into broader organisational policy and practices.

INTEGRATION INTO THE BROADER ORGANISATIONAL POLICY CONTEXT

The NSW Healthy Supported Playgroup coalition of partners, collaborative formative research and development of state level recommendations, has identified possible opportunities to integrate strategies within the broader organisational policy context and provides key stakeholder state level management recommendations and strategies which could be considered for development in the future. These strategies aim to enable key stakeholder ownership and promote sustainability, by highlighting opportunities for implementation within existing policy and communication strategies, within the capacity, strategic direction and priorities of the key stakeholder organisations.

In addition, the state level recommendations for state level management and auspice organisations include management, operational systems and policy strategies which could be applied to organisations such as, welfare organisations. It is recognised that auspice organisations are often community welfare support organisations which manage supported playgroups as a component of their core business. The state level recommendations have been developed considering the capacity of these welfare organisations to implement broader cross organisational strategies to promote and support the key elements to priority vulnerable population groups.

STATE LEVEL MANAGEMENT

OUTPUT

- Healthy eating, active play, reduced small screen time and oral health (key elements) promotion integrated into relevant policies, staff training and supported playgroup activities at all relevant levels across the whole supported playgroup organisational structure.

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Management	<ul style="list-style-type: none"> • Implementation of key elements a requirement for auspice organisations 	<ul style="list-style-type: none"> • Promote and incorporate practice of the key elements as part of auspice organisations reporting on Healthy Living 	<ul style="list-style-type: none"> • Service Activity Description or relevant management report 	<ul style="list-style-type: none"> • Review management reporting requirements and materials
Policy / Guidelines	<ul style="list-style-type: none"> • Key elements explicitly outlined in auspice organisations management reporting • Promote key element guidelines to auspice organisations 	<ul style="list-style-type: none"> • Encourage reporting against links to the key elements in the auspice organisations report to management • Promote key elements guidelines for auspice organisations on state level management website and communication 	<ul style="list-style-type: none"> • Service Activity Description or relevant management report • Key stakeholder websites http://www.families.nsw.gov.au/resources/resources-index.htm http://resourcingparents.nsw.gov.au 	<ul style="list-style-type: none"> • Review management report materials for auspice organisations to outline the key elements within the reported Supported Playgroup Activities • Develop a resource outlining key elements links to the reported Supported Playgroup Activities • Links to key elements guidelines uploaded on state level management websites

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Implementation procedures and support strategies	<ul style="list-style-type: none"> Encourage auspice organisations to implement the key elements Provide information on the key elements to all parents/carers that access the state level management services 	<ul style="list-style-type: none"> Communication strategies to include links to resources and support for auspice organisations to promote implementation of the key elements Promote links within state level management programs to information and support on the key elements to parents/carers Incorporate promotion of the key elements resources and support for auspice organisations within existing learning and development 	<ul style="list-style-type: none"> Existing communication channels to auspice organisations Early childhood healthy eating and active play resources and the Healthy Kids website Centre for Oral Health Strategy resources Early childhood healthy eating and active play resources available for parents/carers to download 	<ul style="list-style-type: none"> Key stakeholder websites to include links and/or available resources for parents/carers on the key elements Scope existing state level management and region communication with auspice organisations Develop communication to promote the key elements to auspice organisations Scope existing state level management and region training or learning and development for auspice organisations
Inclusivity and integration	<ul style="list-style-type: none"> Promote culturally appropriate key elements to auspice organisations and other state level management services Provide access to information on the key elements to all parents/carers that access the state level management services 	<ul style="list-style-type: none"> Communication strategies for auspice organisations to promote culturally appropriate implementation of the key elements Promote links within state level management programs to culturally appropriate information and support on the key elements to parents/carers Incorporate culturally appropriate promotion of the key elements resources and support for auspice organisations within existing learning and development 	<ul style="list-style-type: none"> Existing communication channels to auspice organisations Key stakeholder websites Early childhood healthy eating and active play resources available for parents/carers to download 	<ul style="list-style-type: none"> Scope available culturally appropriate resources and information on the key elements to be promoted Review and update resources to ensure cultural appropriateness and inclusivity Upload information or promote Healthy Kids website on stakeholder websites to ensure availability of access state wide

AUSPICE ORGANISATIONS

OUTPUT

- Healthy eating, active play, reduced small screen time and oral health promotion integrated into relevant policies, staff training and supported playgroup activities at all relevant levels across the whole supported playgroup organisational structure.
- Guidelines promoting healthy eating, physical activity, reduced small screen time and oral health, developed for auspice organisations.

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Policy / Guidelines	<ul style="list-style-type: none"> • Support organisations to develop guidelines on the key elements • Promote key elements guidelines across the organisation 	<ul style="list-style-type: none"> • Organisation development of key elements guidelines • Guidelines promoting the key elements implemented across the organisation 	<ul style="list-style-type: none"> • Early childhood healthy eating and active play resources • Live Life Well @ Health 	<ul style="list-style-type: none"> • Develop tools to assist development of organisational guidelines • Auspice organisations develop organisational specific guidelines on the key elements
Learning and Development	<ul style="list-style-type: none"> • Provision of adequate training and support on the key elements for facilitators • Facilitators encouraged to participate in training on the key elements 	<ul style="list-style-type: none"> • Promote training and support on the key elements to facilitators • Provide opportunities to enable facilitators participation in training e.g. incentives, time, relief for professional development 		<ul style="list-style-type: none"> • Develop a communication strategy to promote online training for facilitators

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Implementation procedures and support strategies	<ul style="list-style-type: none"> Encourage the development of key elements guidelines across the organisation and within supported playgroups Provide tools to promote the key elements to facilitators 	<ul style="list-style-type: none"> Provide key elements guidelines on the stakeholder website and/or promoted through existing communication channels Provide resources to support implementation of activities promoting the key elements. For example physical activity equipment children may not have access to at home or a set of plastic teeth to demonstrate how to brush properly. Report the promotion of key elements to state level management 	<ul style="list-style-type: none"> Early childhood healthy eating and active play resources and tools to promote the development of key element guidelines within supported playgroups Healthy snacks checklist is available on the Playgroup NSW website 	
Inclusivity and integration	<ul style="list-style-type: none"> Promote use of appropriate, locally available community health resources Ensure promotion of the key elements is culturally appropriate Provide access to information on the key elements to all parents/carers that access the auspice organisation services 	<ul style="list-style-type: none"> Incorporate promotion of the key elements into the local service directory Provide resources to promote the key elements in a culturally appropriate and relevant 	<ul style="list-style-type: none"> Local Service Directory Existing community services Existing organisational communication channels Existing translation services 	<ul style="list-style-type: none"> Identification of local community services supporting the promotion of key elements Develop a resource tool to assist auspice organisations to develop a resource tool to promote their local health services

FACILITATORS/COORDINATORS, PARENTS/CARERS AND CHILDREN

OUTPUT

- Healthy eating, active play, reduced small screen time and oral health promotion integrated into relevant policies, staff training and supported playgroup activities at all relevant levels across the whole supported playgroup organisational structure.
- A set of tools and activities promoting healthy eating, active play, reduced small screen time and oral health, for supported playgroups which are: relevant to the setting and the need of participants; appropriate to the learning approaches used in the setting; reflect the nature and operational perspectives of the supported playgroup setting; inclusive of the range of diverse participants.
- Simple guidelines for parents/carers which incorporate activities to try at home in relation to healthy eating, active play, reduced small screen time and oral health.

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Policy / Guidelines	<ul style="list-style-type: none"> • Encompass the development of supportive environments and policies for healthy behaviours of the key elements 	<ul style="list-style-type: none"> • Develop a set of key element guidelines which are relevant to participants and integrated into the supported playgroup environment and operational context 	<ul style="list-style-type: none"> • Early childhood healthy eating resource Guidelines and Checklist 	

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Learning and Development	<ul style="list-style-type: none"> Participate in training on the key elements Participate in training to deliver information on the key elements within the supported playgroup context 	<ul style="list-style-type: none"> Provide training and support regarding the key elements for facilitators delivering playgroups Provide relevant information for facilitators to communicate the key elements key messages to parents/carers Provide examples of how facilitators can springboard learning of the key elements with other learning and development experiences 	<ul style="list-style-type: none"> South Western Sydney LHD Active Play @ Playgroup PowerPoint presentation for supported playgroup facilitator training South Eastern Sydney and Illawarra LHD Active Play at Playgroup Training workshop presentation and outline for facilitators South Eastern Sydney and Illawarra Shoalhaven LHD Healthy Snacks and Drinks for Young Children Activity Workshop outline for facilitators South Eastern Sydney and Illawarra Shoalhaven LHD Healthy Eating and Active Play at Playgroup facilitator fact sheets Central Coast LHD PowerPoint presentation and session plan outline for supported playgroup facilitator training NSW Centre for Oral Health Strategy Oral Health Information – Implementing Oral Health in Education and Care Services factsheet and NSW Little Smiles for NSW TAFE students 	<ul style="list-style-type: none"> Review and update training tools and resources Develop an online training module for facilitators Review and develop support material including supported playgroup guideline checklists Promote the use of suitably qualified community guest speakers to present to parents/carers on the key elements to demonstrate explicit teaching for facilitators

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
<p>Implementation procedures and support strategies</p>	<ul style="list-style-type: none"> • Provide tools and resources to promote a supportive environment and assist the provision of learning approaches and activities of the key elements 	<ul style="list-style-type: none"> • Provide resources with information and activities to cater for various individual supported playgroups needs • Communication of key elements to parents/carers 	<ul style="list-style-type: none"> • Early childhood healthy eating and active play activity resources and parent handouts (activity and factsheets) • Centre for Oral Health Strategy resources • Information disseminated on the Healthy kids website (online platform) on the key elements to auspice organisations, facilitators and patents/carers. • Resources available to be disseminated to parents/ carers to take home. 	

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Learning approaches	<ul style="list-style-type: none"> • Provide relevant and appropriate delivery methods of activities/ learning experiences on the key elements key messages 	<ul style="list-style-type: none"> • Provide a variety of learning approaches and activities to enable facilitators to allow flexibility in delivery of the key elements key messages • Provide learning experiences which consider the context of the setting and participants identified needs and experiences as they relate to the key elements • Provide brief, simple and practical interventions involving scaffolding learning experiences and focused on role modelling, sharing experiences and ideas that can be performed at home which are appropriate and relevant for the diverse range of participants • Include opportunities for parents/ carers to participate in and observe real-life demonstrations and practice newly learned skills • Provide a few clear and synthesised key messages tailored to suit multiple target groups and that are consistent with early childhood education and care services, schools and other Healthy Children Initiative programs • Provide information and resources which allow for flexibility in their use • Deliver standardised, evidence-based content on the key elements that involves clear and consistent health and parenting messages 	<ul style="list-style-type: none"> • Early childhood healthy eating and active play resources and set of tools and activities to promote the key elements • Healthy Eating and Active Play learning experiences resource which includes examples on scaffolding learning experiences on the key elements. • Centre for Oral Health Strategy resources e.g children's story book 	

Key Action Areas	Recommendations	Strategies	Resources	Possible future development
Learning activities	<ul style="list-style-type: none"> • Provide activities that are short and simple, of varying formality, but with an emphasis on incidental and implicit learning, and designed for the standard components of a play group session, ie, free play, structured play, story time, group time and morning tea • Provide knowledge and skill development of the key elements for parents/carers to teach their children • Provide activities/learning experiences which teach children the key elements 	<ul style="list-style-type: none"> • Include developmentally-appropriate key element activities designed to be completed by parents/carers with their children, to provide parents/carers with ideas and experiences to build their confidence and capability • Provide activities where parents/carers can assist in teaching and transfer the practice to home settings • Include hands-on practical activities which can be easily transferred to home settings • Invite guest speakers to present on the key topics and provide referral to external community services 	<ul style="list-style-type: none"> • Early childhood healthy eating and active play resources which includes a set of tools and activities promoting the key elements. • Early childhood healthy eating and active play resources with activities which encourage parents/carers to assist in teaching and transfer the practice in their home. • NSW Centre for Oral Health Strategy - Early Childhood Oral Health and Promotion Coordinators • NSW Centre for Oral Health resources including sippy cups, toothbrushes and DVDs 	
Inclusivity and integration	<ul style="list-style-type: none"> • Ensure key messages, learning experiences, strategies and resources are appropriate for a diverse range of participants including CALD, Aboriginal and socially disadvantaged families • Provide strategies and resources which can be tailored to meet the needs of diverse participants • Provide multilingual or culturally appropriate activities • Promote locally available community health services 	<ul style="list-style-type: none"> • Promote simple pictorial key element key messages • Case studies providing culturally appropriate key element key messages for different cultural groups • Incorporate the cultural experience and practices of parents/carers within activities to promote the key elements • Provide resources with simple phrases and visual diagrams for parents/carers and children, which address the importance of the health issue, and address cultural barriers and transferability to home • Guest speakers presentations on the key elements • Refer families to local community health services regarding the key elements 	<ul style="list-style-type: none"> • Early childhood healthy eating and active play resources include activities which facilitators can promote cultural inclusivity and some activities promote cultures of the participants • Centre for Oral Health Strategy resources ie. Lift the lip etc and Multicultural Health multilingual fact sheets and Early Childhood Oral Health and Promotion Coordinators 	<ul style="list-style-type: none"> • Amend existing resources to include more culturally relevant examples of key elements for example foods, recipes, and healthy eating activities • Consultation with families and staff members in the development process to highlight specific cultural barriers and facilitators of key elements • Clarify and focus test key element key messages with CALD populations to assess their level of understanding, appropriateness and interpretation • Use existing communication channels to raise awareness of local community services

RESOURCES

Early childhood healthy eating and active play resources to promote the key elements, including guidelines and a set of tools and activities, is available on the Healthy Kids website: healthykids.nsw.gov.au

These resources have been developed from the NSW Ministry of Health Munch and Move program resources and the South Eastern Sydney and Illawarra Shoalhaven Local Health District resource Healthy Eating and Active Play at Playgroup Manual and Case studies.

(Another exiting resources which could be considered in future development includes, Northern NSW Local Health District Strong Smiles Oral Health Promotion Program)

Other relevant resources include:

- NSW Ministry of Health, Healthy Kids website and *Munch and Move* Resources
- NSW Kids and Families – My Personal Health Record (the Blue Book)
- Families NSW Parent resources – Caring for Babies (Living with Babies) and Living with Toddlers (Feeding Toddlers)
- Families NSW Resourcing Parents website
- Centre for Oral Health Strategy resources, including Early Childhood Oral Health Officers and Promotion Coordinators
- Supported playgroups reference list of locally available services
- Playgroup Victoria – Koorie Kits resource
- National Health and Medical Research Council, Australian Government Department of Health Eat for Health website
- Australian Government Department of Health website Australia’s Physical Activity and Sedentary Behaviour Guidelines.

Relevant NSW Ministry of Health programs which could provide additional support to families:

- *Go4Fun*
- *The Get Healthy Information and Coaching Service*

Transference of resources to Playgroups

Relevant strategies and resources could be available and promoted to the Playgroup setting.