



Staff Development Kit: Choose water as a drink



Statistics . . .

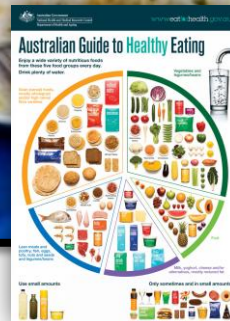


40% of NSW children aged 2-15 years consumed at least 2 cups of soft drink, cordial or sports drink a day and 21% consumed 6 or more cups a day.

Why water?



Healthy Eating Guideline
Provide water in addition to
age-appropriate milk drinks.



- ✓ Best way to stay hydrated
- ✓ More than half our body weight
- ✓ Vital for the body to function
- ✓ Regulates body temperature and bowel activity
- ✓ Tap water contains fluoride – protects and strengthens children's teeth
- ✓ It's free!

Did you know . . . most children enjoy drinking water if they get into the habit from an early age. This habit is then likely to continue throughout life.

Meeting children's water needs



Young children can easily ignore their thirst and dehydrate quickly.

NQS - Assessment guide for meeting Element 2.1.3 – Healthy lifestyle:

Children having ready access to water and being regularly offered water throughout the day.

Education and Care Services National Regs:

Regulation 78 - Food and beverages

(1)(a) have access to safe drinking water at all times



How much fluid each day?

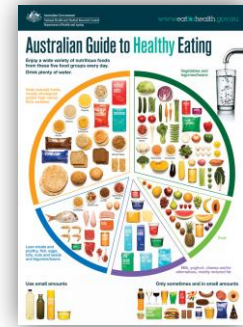
Toddlers = 1 litre of fluid (4 cups)

Preschoolers = 1.2 litres of fluid (~5 cups)

Drinking milk for good health



Milk and milk products provide important nutrients.



**Milk, yoghurt, cheese and/or alternatives,
mostly reduced fat**

Serves per day

| | 2–3 years | 4–8 years | 9–11 years | 12–13 years | 14–18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys | 1½ | 2 | 2½ | 3½ | 3½ |
| Girls | 1½ | 1½ | 3 | 3½ | 3½ |

Children need 1½ to 2 serves of dairy each day – this means ¾ to 1 serve of dairy during 8 hours of care (depending on age and gender).



Did you know . . .

- ✓ Provide full cream milk for children <2 years of age.
- ✓ Provide reduced-fat milk for children >2 years of age
- *now eating a broader range of foods that contribute fat and kilojoules.*

Fruit juice and sweetened drinks



- Fruit juice is not needed – plenty of vitamin C from whole fruit and vegetables.
- Soft drink, cordial, flavoured mineral waters and sports drinks are not recommended for children.
- Artificially sweetened drinks – no sugar, but encourage desire for sweet tasting drinks.
- Encourage families to send water to the service – good habit in preparation for school.



Appropriate drinks for babies and young children

| Type of drink | Birth to 6 months | 6 to 12 months | 1 to 2 years | 2 to 5 years |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Breastmilk | Exclusively breastfed | Breastmilk + solids | Continue as long as mother and child wish, feeding after food. | Continue as long as mother and child wish, feeding after food. |
| Infant formula | If not receiving breastmilk or in combination with breastmilk. | If not receiving breastmilk or in combination with breastmilk. | Toddler formula not necessary. | Toddler formula not necessary. |
| Cow's milk (full cream and reduced fat) (fresh, powdered and UHT milk) | Not suitable | Not suitable as the main milk drink, but small amount of full cream milk can be added to food, cereal and used in cooking from 6 months of age. | Full cream cow's milk as a drink. | Reduced fat cow's milk as a drink is suitable. |
| Soy milk (enriched with calcium) (fresh or UHT) | Not suitable | Not suitable | May be used if child has a cow's milk allergy or intolerance, with approval from parents. Choose full fat soy milk. | May be used if child has a cow's milk allergy or intolerance, with approval from parents. Reduced fat ('lite') soy milk is suitable. |
| Oat, rice, barley almond, quinoa or coconut milk | Not suitable | Not suitable | Not suitable as a replacement for cow's milk (unless medically advised). | Not suitable as a replacement for cow's milk (unless medically advised). |
| Water | Not necessary. Offer extra breastmilk in hot weather. | Cool boiled water. Encourage using a sipper cup instead of bottle. | Prompt children to drink water regularly. | Prompt children to drink water regularly. |
| Fruit juice | Not suitable | Not suitable | Not necessary. If providing, offer once per day, no more than ½ cup and diluted. | Not necessary. If providing, offer once per day, no more than ½ cup and diluted. |
| Cordial, soft drink, fruit juice drink, flavoured mineral water, vitamin water, sports drink | Not suitable | Not suitable | Not suitable | Not suitable |

Source: Munch and Move Birth to Five Years Resource Manual, NSW Ministry of Health 2014

Think quick . . .



Activity:

Take 2 minutes to brainstorm learning experiences you could intentionally plan and teach the children promoting *Choose water as a drink* – use the headings as inspiration . . .

EYLF – Practice

Intentional teaching.

Educators plan opportunities for intentional teaching and knowledge-building. They document and monitor children's learning.

Songs

Experiments

Games



Standard 2.1 – Health - *Exceeding theme 1: Practice is embedded in service operations*

All educators actively promote healthy eating, physical activity, and effective hygiene practices in the delivery of the daily program

Dramatic Play

Books

Standard 2.1 – Health - *Exceeding theme 1: Practice is embedded in service operations*

All educators provide regular opportunities for explicit learning about health and wellbeing

Standard 2.1 - Health
Each child's health and physical activity is supported and promoted.

Reflective practice . . .

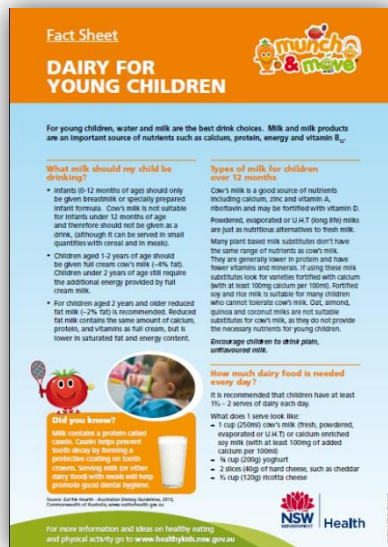
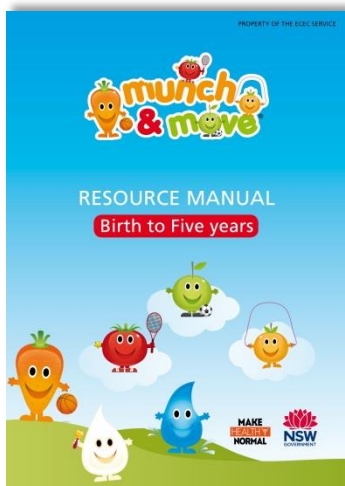


Activity: Take 5 minutes to begin this 'reflective practice' task for *Choose water as a drink* . . .

- How are educators upskilled to ensure they are aware of the benefits of drinking water?
- How does the service ensure children access water?
- How are children encouraged to drink water throughout the day?
- How does the service ensure children receive the recommended daily dairy serve during 8 hours of care (planned on the menu or in lunchboxes)?
- What *Choose water as a drink* learning experiences are intentionally planned in the program for children each day?
- How are 'spontaneous' opportunities used to promote *Choose water as a drink* with the children?
- What types of documentation does your service use to reflect *Choose water as a drink*?
- How is the importance of *Choose water as a drink* communicated with families?
- How is *Choose water as a drink* reflected in service celebrations?



Resources to promote Choose water as a drink



NQS – Exceeding guidance for Standard 2.1 – Health - Practice is embedded in service operations

Actively promote healthy eating, physical activity, and effective hygiene practices in the delivery of the daily program



NQS – Exceeding guidance for Standard 2.1 – Health – Practice is shaped by meaningful engagement with families and/or the community

Proactively promote children's health and physical activity with families and the community

NQS – Exceeding guidance for Standard 2.1 – Health – Practice is informed by critical reflection

Seek out and consider alternate ways of supporting each child's health and activity needs, and make changes where opportunities to further enhance children's outcomes are identified



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Staff Development Kit



**Congratulations your ECEC service has completed
*Choose water as a drink!***

What's next?

- Please ensure the *Record of Completion* is finalised for this module
- Link the *Reflective Practice* task to your service's *Quality Improvement Plan*
- Select which 'key message' module you will share next and schedule a date and time
- ***Happy Munching & Moving!***



The NSW Ministry of Health wishes to acknowledge the Early Childhood Training and Resource Centre (ECTARC) for their contribution to the development of the *Munch & Move* Staff Development Kit.