

Healthy Lifestyle Policy

Purpose

Greater West Childcare is committed to embedding healthy lifestyle practices within daily routines to ensure each child's wellbeing and comfort is provided for.

1. Sleep, Rest and Relaxation

- We acknowledge that all children have individual sleep, rest and relaxation requirements and will consider any specific requests from families regarding these.
- Management will ensure a Risk Assessment is conducted at least every 12 months and that it takes into account the relevant considerations as per regulatory requirements.
- Management will remain educated on recommended healthy sleep and rest practices for school aged children, and encourage educators, children and families, to work together to meet these recommendations for children on a daily basis.
- Management will ensure they are supporting children's wellbeing by providing comfortable spaces and varied opportunities for relaxation throughout daily routines and programs.

2. Nutrition and Menus

- Management has a duty of care to ensure that children's nutritional needs are met whilst in our care, and as such, procedures will be in place to ensure menus are developed that reflect Australian Dietary Guidelines and are consistent with advice provided by families about children's individual dietary needs.
- Menus are created, where possible, in collaboration with children and families to reflect children's personal preferences, likes and dislikes.

3. Physical Activity

- A healthy lifestyle incorporating physical activity will be promoted through the educational programs and practices by developing programs which incorporate physical activity into everyday experiences.
- Programs and routines will be developed to combine gross and fine motor movement and balance which may include dance, drama, sports and games.
- Educators will collaborate with children, families and each other to plan a balance of calm and energetic physical activities that encourages all children to be involved.



4. Oral Health & Hygiene

- Effective dental and oral care is important for children's current and future health and well-being and will be promoted through our services
- Procedures to ensure good oral health practices are incorporated into the children's routines and programs will be developed
- Children & families will be supported with resources to assist in developing good oral health practices as reasonably practicable

POLICY VERSION AND REVISION INFORMATION

Authorised by

CHAIRMAN (Board of Directors)

Original issue

November 2020

Current version

2

Last review

November 2023