



Families



Community
Links

Section 8 - Exceeding – Family and Community Links

Assess your practice first.

Read the below description and evaluate it in relation to your practices.

Exceeding – Family and Community Links. We proactively promote healthy lifestyles for children with families and the community. We refer families to government guidance and recommendations on nutrition, physical activity, and use of information technology. We discuss healthy food with parents, for example, a child bringing inappropriate food to the service, or sweeteners added to babies’ bottles. We go on walking excursions into the community and attend cafes and food outlets that promote healthy eating.

If you are doing similar practices to the example, use the below question to help you write your **‘exceeding practice for families and community connection** description so you can add it to your QIP or SAT (NSW only).

For Exceeding the QIP and Self-Assessment Tool (SAT)
Families and community links Please give an example of how all educators proactively promote healthy lifestyles for children with families and the community.

If you and your educators need to learn how to achieve exceeding – families and community, proceed here and do below.

Week 19, 19 to 23 June 2023 – 2.1.3 Healthy lifestyles

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The following section outlines the steps to ensure you are exceeding in families and community. If you have already successfully completed the previous section demonstrating how you are exceeding in families and community, you do not need to complete this section.

Look at the words in detail to identify what is exceeding.

Please give an example of how **all educators proactively promote healthy lifestyles for children with families and the community.**

Please give an example of how **all educators proactively promote healthy lifestyles for children**

Educators integrate nutrition education by teaching children about balanced diets, the importance of fruits and vegetables, and making healthy food choices. They encourage physical activity through scheduled routines, physical classes, and incorporating movement into classroom activities. Educators also prioritise mental well-being by creating a positive and supportive classroom environment, teaching stress-management techniques, and fostering social-emotional skills. Additionally, they promote hygiene practices and model them.

... with families and the community.

Educators engage families by sharing information on nutrition, physical activity, and overall well-being, and encourage their involvement in supporting healthy habits at home. Educators organise workshops, seminars, or parent-teacher meetings to provide resources and guidance on creating a healthy home environment. They also establish partnerships with local organisations, healthcare professionals, and community members to enhance the support network for children's health and wellness.

Now that we have examined the words in detail, we can start exploring what these concepts could look like for you. It is important to ensure that we make it very clear how these concepts have **created change** in your service.

Please give an example of how **all educators proactively promote healthy lifestyles for children with families and the community.**

Educators proactively promote healthy lifestyles for children by actively involving families and the community in their efforts. They organise regular workshops or seminars where they educate parents and caregivers on various aspects of health and well-being, such as nutrition, physical activity, and emotional wellness. These sessions provide practical tips and resources for families to implement healthy habits at home.

Educators also collaborate with community organisations, local healthcare providers, and experts to arrange interactive events or informational sessions. For example, they might invite nutritionists to speak about healthy eating, fitness trainers to demonstrate age-appropriate exercises, or mental health professionals to discuss strategies for supporting children's emotional well-being. By involving these external stakeholders, educators broaden the knowledge and support available to children and their families.

Educators also establish ongoing communication channels with families, such as newsletters, websites, on their social media platforms. Through these channels, they share information, resources, and updates on health-related topics, encouraging families to actively participate in promoting healthy lifestyles.

Educators organise community-wide initiatives like health fairs or fitness challenges that involve educators, children and their families. These events provide an opportunity for families to engage in physical activities, learn about healthy habits, and connect with other community members who share similar goals.

Your example. Select a point from above and break it down into the subsections.

Please give an example of how all educators proactively promote healthy lifestyles for children

... with families and the community. (Remember, you must show how the **families or community contribution** has made a change)