

Healthy Kids Toolkit

Ways to use the promotional postcard series

About the Healthy Kids Toolkit

The Healthy Kids Toolkit has simple and practical information about food, nutrition and physical activity, all in one place. It is organised under the topics of pregnancy, babies, early childhood, school age, and young people.

It features only Tasmanian programs and resources, developed for Tasmanian families and communities.

You will find it at www.health.gov.au/healthykids

Follow [Healthy Tasmania on Facebook](#) to stay connected and for the latest updates.

You can order promotional postcards and posters (two types) via the Healthy Kids website under useful contacts or email: community.nutrition@health.tas.gov.au

Suggested use of the promotional postcards

1. Make available in service waiting rooms and community spaces.
2. Give to families directly as part of consultations with health practitioners for example, child health nurses, school nurses, oral health staff, general practitioners (GPs), midwives etc.
3. Use as discussion prompt cards in community group activities.
4. At events and family education sessions, for example school or care orientation packs.

Please note that the promotional postcards and the healthy kids webpages are designed for parents and families to access, not as child education resources.

Following is a table describing each post card. We encourage the postcards to be used to help parents engage with their health worker on the content. Use the Healthy Kids Toolkit to find more resources on the topic.

Postcard	Questions and answers, discussion points	Suggested Healthy Kids Toolkit webpage
Baby	<p>What solid food can I give my baby?</p> <p>Start with puree foods and gradually change texture to mash.</p> <p>Start with foods high in iron for example iron fortified cereal, meat, poultry, fish, legumes and tofu. Offer other foods such as vegetables, fruit, cereals, eggs, dairy foods and nut pastes. Foods can be introduced in any order.</p> <p>How do you know when a baby is ready for solid food?</p> <p>At around six months of age your baby can start solid food. These three signs together show you, your baby is ready:</p> <ul style="list-style-type: none"> • they can control their tongue • they can hold their head up without support • they show an interest in food. 	<p>Baby page</p> <p><i>Featured Resource</i></p> <p>Start Them Right Booklet</p>
Family meals – image of table of food	<p>Why have family style meals?</p> <p>Family self serve style meals can make meal time more relaxing and enjoyable for everyone. Top tips:</p> <ul style="list-style-type: none"> • place all the food for the meal out on the table or bench • let everyone pick and choose from what's on offer to make up their own plate – burgers, tacos, jacket potatoes work well • always make sure there is something on the table that everyone will eat as part of the meal like bread or rice, cut up vegetables or fruit. 	

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<p>Child eating peach with adult*</p>	<p>How many meals and snacks do I feed my child every day?</p> <p>It is good to offer children food about five times over the day as part of your daily routine. For example, offer breakfast, lunch and an evening meal, with two snacks in between.</p> <p>Food ideas for out and about</p> <p>Food ideas to pack for out and about:</p> <ul style="list-style-type: none"> • something filling like a sandwich • cut up fresh fruit or vegetables • crackers, cheese, yoghurt or a boiled egg. <p>Be food safe - use a frozen ice brick and insulated lunchbox.</p> <p>*Use with Healthy Kids esky bag promotion</p>	<p>Baby and early childhood pages</p> <p><i>Featured Resource</i></p> <p>Start Them Right Booklet</p> <p>Lunch box page</p>
<p>Child drinking water</p>	<p>Is my baby ready for a cup?</p> <p>At around six months of age start to offer your baby cooled boiled water. From 12 months offer tap water as the main drink. Around six months is when your baby can start trying to use a cup.</p>	<p>Baby, early childhood and Healthy Mouth Healthy Body pages</p> <p><i>Featured Resource</i></p> <p>Start Them Right Booklet</p>
<p>Lunchbox ideas</p> <p>Image of three example lunchbox contents</p>	<p>Top tips for packing a lunchbox:</p> <ul style="list-style-type: none"> • pack a main lunch food like a sandwich, rice dish or dumplings • include some fruit and vegetables • add some snacks like yoghurt, fruit bread, crackers with cheese • use your child's appetite as a guide on how much to pack • pack a water bottle 	<p>Lunch box page</p> <p><i>Featured Program</i></p> <p>Move Well Eat Well</p> <p>Multicultural food ideas</p>

Postcard	Questions and answers, discussion points	Suggested Healthy Kids Toolkit webpage
	<ul style="list-style-type: none"> • keep food safe to eat – use an ice brick to keep food cold or a thermos to keep food hot. 	
Snacks for out and about	<p>Pack your own toddler snacks for out and about</p> <p>Pack your own snacks for when out and about. It can save you time and money. Remember to carry a water bottle for everyone. Snack ideas:</p> <ul style="list-style-type: none"> • fresh or canned fruit • cut up vegetables with dips like hummus • vegetable muffins, egg and vegetable slice or fritters • container of yoghurt or custard • cheese and crackers, rice cakes, fruit bread or sandwich <p>Don't forget to pack an ice brick with your food to keep it safe.</p>	<p>Lunchbox page</p> <p>Start Them Right Booklet</p>
Young child playing (red jacket)	<p>What is active play?</p> <p>Babies and young children move naturally, and it's important to allow them time and space to do this. Active play is activities that involve running, skipping, jumping and climbing. It helps children develop the movement skills they need to grow healthy and strong.</p> <p>How can we be active as a family?</p> <p>Being active as a family helps children establish healthy habits for life and helps them develop movement skills. Suggested ways to be active - go for family walks, go to a park, kick the ball and explore the surroundings.</p>	<p>Physical activity page</p> <p><i>Follow the Move Well Eat Well website link to the families page</i></p> <p><i>Featured resource</i></p> <p>Being Active Matters</p>
Iodine and folate	Iodine and folate recommendations for women of childbearing age	Pregnancy page

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	<p>Thinking about having a baby? Iodine and folate are needed for a healthy baby.</p> <p>It is recommended pregnant women, or women planning a pregnancy:</p> <ul style="list-style-type: none"> • Take an iodine supplement of 150 micrograms each day before you become pregnant, during pregnancy and while breastfeeding. • Take a folic acid supplement of 500 micrograms each day for at least one month before becoming pregnant. Continue to take this supplement for the first three months of pregnancy. <p>This information is based on the latest NHMRC advice.</p>	Breastfeeding page
Breastfeeding	<p>Support for breastfeeding is important</p> <p>Learning to breastfeed takes time. It's okay to ask for help.</p> <p>Remember your midwife, child health nurse and lactation consultant are there to help guide you.</p>	<p>Baby page</p> <p>Breastfeeding page</p>
Baby feeding signs	<p>Signs baby use to show us they need feeding</p> <p>Babies usually let us know when they need to be fed. Early signs include stirring, mouth opening and hand to mouth. Crying is a late sign of hunger.</p> <p>Your midwife or child health nurse is there to help.</p>	<p>Baby Page</p> <p>Breastfeeding page</p> <p>Infant feeding page</p> <p><i>Featured resource</i></p> <p>Feeding Cues</p>

For more information about the post cards email community.nutrition@health.tas.gov.au