



START HEALTHY EDUCATION PROGRAM

Empowering early childhood children to
make positive and healthy everyday
choices

HEALTH ~ COMMUNITY ~ EDUCATION

How does it work?

Why do we need health and well-being education programs for our Early Childhood service?

Since the unprecedented challenges around COVID-19, there is an emerging focus of health and well-being in our community and globally.

Parents are increasingly seeking early childhood care providers that prioritise the health, safety and well-being of their children.

The Start Healthy Education program encompasses the six key pillars of what constitutes a holistic foundation for a young child which optimises children's development, learning and wellbeing.

1. Healthy Eating
2. Physical Activity
3. Sustainability Practices
4. Mindfulness
5. Positive values
6. Protective Behaviour Education

The program supports early childhood centres in delivering a curriculum that reinforces child agency. It is designed to prepare children for transitions and changes in life, such as COVID-19. It fosters practical wellbeing skills that transfer across many situations, using a range of practical methods that have been endorsed by leading professionals.

Parents and educators are the biggest influences in a child's life. Therefore, it is imperative for these key people to collaborate as a community to educate and empower these little people to take responsibility of their health and wellbeing from a young age.

These programs support children in becoming strong in their social, physical and emotional wellbeing.

The foundations will develop healthier, positive and resilient children which will benefit their entire lives, communities and society.



How does it benefit my childcare service?

The Start Healthy Education Programs are aligned with outcomes of the Early Years Learning Framework and Exceeding Themes within the National Quality Framework.

The program supports early childhood services through:

- Exceeding themes such as critical reflection, embedded across all age groups.
- Extended learning resources for educators to facilitate with children.
- Responding to community situations external to the centre that have an impact on the lives of children – COVID. How we can support children and families emotionally in these difficult situations using a range of practical methods.
- The program supports services to offer a depth of teaching methods that have been designed in consultation with medical practitioners, nutritionists and professional experts in child safety.
- The program is designed for evolving 21st century centres to meet the needs of communities in these uncertain times and they will be able to attract families who want an early childhood experience that supports their children to adapt to a constantly changing world.
- The program will support and train educators to improve their knowledge and practice in all areas of the program, facilitating consistency and high quality of practice; demonstrating exceeding themes.

How is it delivered?

Start Healthy Education Programs have been delivered to over 1,000 children across diverse communities in Perth.

The program can be delivered in two ways:

1. Incursion delivery with one of our accredited trainers at your early childhood service on a weekly/fortnightly basis.
2. Educator(s) to receive training to equip them with the skills, tools and resources to deliver the program in-house.



Contact us today to support the health and wellbeing initiatives of your early childhood service!

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