

Life's Brighter with Books!

PAINT THE GONG REaD

BOOK
4



Bright Spark loves to play!

By Honora Jenkins

This book was written and produced by the Paint the Gong REaD Committee with funding from Illawarra Shoalhaven Local Health District.

Words and design by Honora Jenkins from IACC

With thanks to Noogaleek Children's Centre and Barnardos.

**For more information on being active, visit
www.healthykids.nsw.gov.au**

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Paint the Gong REaD is an early childhood literacy program that encourages the whole community to read, talk, sing, rhyme and draw with children from birth. Paint the Gong REaD runs year round events and activities across Wollongong that foster community support to nurture early literacy practices in 0-5yr olds.

By reading to children from birth, early literacy skills are given the opportunity to develop; such as attention span, listening and language skills, symbol and alphabet recognition, handling books, drawing and copying shapes.

Ultimately, working with children using this early literacy development model boosts brain development and helps prepare them for reading and writing at school.

Website:
<http://www.paintthegongread.org/>

Facebook:
<https://www.facebook.com/PainttheGongREaD>

Youtube: <https://www.youtube.com/channel/UCwVLdOBoAdmScbNCOHAtfBg>

Bright Spark loves to play!

By Honora Jenkins



**Bright Spark loves
to run and play!**

**Move and be active,
at least three hours a day.**



**Turn off the screens,
go to the park instead.**

**Move and have fun
until your cheeks turn red.**



**Jump up, squat down
and touch the ground.**

**Slide side to side
and turn around.**



**Run, gallop,
skip and hop.**

**When you're feeling
puffed it's time to stop.**



**Drink some water,
enjoy a healthy snack.**

**Take a deep breath
and lay on your back.**



**Now it's time to move again,
we've had a little rest.**

**Get up, keep moving,
to be your very best.**



**Grab your bike,
scooter or ball.**

**Invite your friends,
exercise is fun for all.**

GET MORE ACTIVE



Getting your children involved in physical activity is a really important part of them being healthy, so come on lets get them active! Physical activity helps develop strong bones and muscles, improves balance and helps your child keep to a healthy weight.

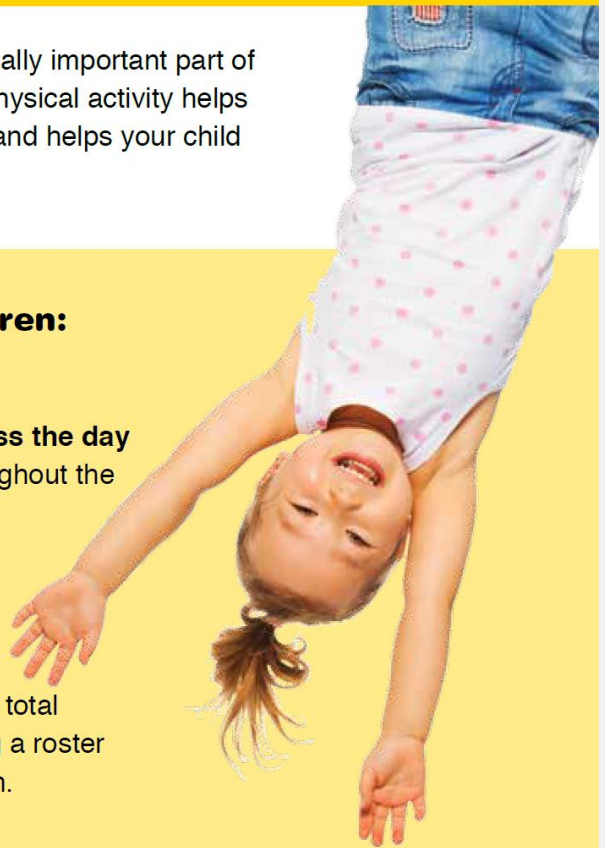
Every day toddlers and preschool children:

SHOULD

- **Be physically active for at least three hours across the day**
Physical activity can be done in small amounts throughout the day, you can start slowly and build up each day.

SHOULD NOT

- **Be sitting for more than one hour at a time**
Your child shouldn't watch TV, DVD's, play computer games or be on a tablet or computer for more than a total of an hour a day. Limit their technology time by using a roster or timer and never have a TV in your child's bedroom.



Help them get more active by:

- Playing together with your child
- Going for a walk or visit the local park
- Taking them to a community playgroup if available in your area, active play is a great way for children to make new friends
- Buying gifts that entice them to be active (like balls, scooters, bats)
- Being active as a family, when your children see you being active, they will be more likely to want to be active as well.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Health

EAT HEALTHY



Eating fruit and vegetables every day will help your child grow strong and healthy.

How many serves of fruit and vegetables should my child be eating*?

Age	Fruit	Veg
2-3 year olds	1	2.5
4-8 year olds	1.5	4.5

What size is a serve?



A standard serve of vegetables is about 75g

A standard serve of fruit is about 150g

Tasting new fruit and vegetables is the best way for young children to become familiar with them. You might want to give up if your child rejects them the first few times, but keep offering as it may take 10-15 times before they start eating them.

Young children can more easily meet their nutrition needs if healthy snacks are offered between meals.

Choose snacks based on:

- Fruit
- Vegetables
- Milk, cheese, custard and yoghurt
- High fibre or wholegrain breads, crackers and cereals.

Tips to make healthy snacks easy

- Keep healthy snacks in the fridge and pantry
- Have fresh fruit in a bowl on the kitchen bench
- Have meals and snacks at the same time each day
- Offer a range of healthy foods so your child can choose
- Don't keep unhealthy snack foods in the house



Water is the best drink for kids!

Choose water as a drink for your child, it's the best drink for anyone who's thirsty. Unlike fruit juice, soft drink or other flavoured packaged drinks, water contains no sugar.

Milk is another healthy option as it helps develop strong teeth and bones. For children over 2 years of age, choose reduced fat milk (not skim). Soy milk with added calcium is a great substitute.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au

*National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.



Health

HEALTHY SNACK IDEAS

ICED FRUIT KEBABS

www.healthykids.nsw.gov.au



Ingredients

1 kg watermelon
3 large mangoes
200g strawberries
3 kiwifruit

Method

1. Remove the rind and seeds from the watermelon, cut into 1.5cm thick slices and use a star cutter to cut shapes from the flesh. Cut the strawberries in half.
2. Cut the cheeks from the mango stone, remove the skin then cut each cheek into thick slices.
3. Remove the skin from the kiwifruit and cut into 1.5cm thick slices.
4. Thread the fruit onto bamboo skewers and place on a paper-lined non-stick baking tray. Cover with plastic wrap and freeze until solid.

Makes 8

HEALTHY SNACK IDEAS

SPINACH HUMUS WITH TURKISH TOAST

www.healthykids.nsw.gov.au



Ingredients

430g loaf Turkish bread
Olive oil cooking spray
400g can chick peas, rinsed and drained
2 cups (60g) baby spinach leaves
1 clove garlic, chopped
2 tablespoons tahini (sesame seed paste)
 $\frac{1}{4}$ cup lemon juice
1 tsp ground cumin
2 tablespoons water, approximately
Freshly cracked black pepper
Raw vegetable pieces (e.g. carrot, celery, beans), to serve

Method

1. Cut Turkish bread into 1cm thick slices and spray with cooking spray.
2. Toast slices under a preheated grill or in a char-grill pan until crisp and lightly browned on both sides.
3. Process chick peas, spinach and garlic in a food processor until finely chopped.
4. Add tahini, lemon juice, cumin and water and process again until smooth.
5. Transfer mixture to a bowl and season with pepper. If consistency is too thick, stir in a little extra water.
6. Serve dip with Turkish toasts and vegetable pieces.

Local Libraries

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<http://www.wollongong.nsw.gov.au/library/Pages/default.aspx>

Wollongong Central Library

41 Burelli Street, Wollongong
(02) 4227 7428

Corrimal District Library

15 Short Street, Corrimal
(02) 4227 8179

Dapto District Library

Dapto Ribbonwood Centre,
93-109 Princes Highway, Dapto
(02) 4227 8555

Thirrourl District Library

352-358 Lawrence Hargrave Drive, Thirrourl
(02) 4227 8191

Warrawong District Library

Level 1, 67-71 King St, Warrawong
(02) 4227 8133

Unanderra Branch Library

Cnr Factory Road and Princes Highway, Unanderra
(02) 4271 1217

Helensburgh Branch Library

57 Walker Street, Helensburgh
(02) 4294 2185

Raise a Reader

Encourage your children to:

Play

Jump

Slide

Run

Gallop

Skip

Hop



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