



## Child Development Service



### Resources shared in the mealtimes package

#### Module 2: Understanding the puzzle of mealtimes

|                                                                                                                             |                           |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------|
|  <a href="#">Seating for eating</a> (video) | Learn to eat. Love to eat |
| <a href="#">Choking First Aid</a>                                                                                           | Raising Children Network  |
|  <a href="#">Choking First Aid Webinar</a>  | Family First Aid          |

#### Module 3: Caregiver and child roles at mealtimes

|                                                                                                                                                                |                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
|  <a href="#">Enjoying family mealtimes</a> (video)                             | Ellen Barron Family Centre, Children's Health Queensland |
| Enjoyable Mealtimes factsheets <a href="#">English</a> , and translated into <a href="#">Korean</a> , <a href="#">Chinese</a> and <a href="#">Vietnamese</a> . | Sydney Local Health District                             |

#### Module 4: Working towards positive mealtimes

|                                                                                                                                                          |                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <a href="#">Big Life Journal</a> (Angry outbursts image)                                                                                                 | Big Life Journal                                                         |
|  <a href="#">Hand Model of the Brain</a> (video)                       | Emotion Coaching UK                                                      |
|  <a href="#">Circle of Security International – Connection</a> (video) | Circle of Security International                                         |
| <a href="#">Circle of Security</a>                                                                                                                       | Circle of Security International                                         |
| <a href="#">Connected Parenting ELearning: St John of God Social Outreach and Child and Adolescent Community Health</a>                                  | St John of God Social Outreach and Child and Adolescent Community Health |
| <a href="#">Child Health Nurse appointments</a>                                                                                                          | Child and Adolescent Health Service                                      |
| <a href="#">NGALA</a>                                                                                                                                    | NGALA                                                                    |
| <a href="#">Tuning into Kids</a>                                                                                                                         | Tuning into Kids                                                         |
| <a href="#">Parenting Connection</a>                                                                                                                     | Parenting Connection                                                     |
| <a href="#">Triple P Parenting</a>                                                                                                                       | Triple P Parenting                                                       |
| <a href="#">Bringing up Great Kids</a>                                                                                                                   | Bringing up Great Kids                                                   |
| <a href="#">The Brave Program</a>                                                                                                                        | The Brave Program                                                        |
| <a href="#">Connected Parenting</a>                                                                                                                      | Connected Parenting                                                      |

#### Module 6: How to introduce new or tricky food

|                                                                                                                    |                                       |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------|
|  <a href="#">Feeding</a> (video) | Sussex Community NHS Foundation Trust |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------|



## Module 7: Nutrition information

|                                                                                                                                 |                                                              |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <a href="#">Australian Guide to Healthy Eating</a>                                                                              | <a href="http://Eatforhealth.gov.au">Eatforhealth.gov.au</a> |
| <a href="#">Recommended Serve Sizes</a>                                                                                         | NSW Child Safety Hub                                         |
| <a href="#">Healthy drinks for children</a>                                                                                     | Raising Children Network                                     |
| <a href="#">Healthy snack and drink ideas</a>                                                                                   | Tasmanian Government Public Health Services                  |
| Nutritious snacks and meals for <a href="#">Toddlers</a> , <a href="#">Preschoolers</a> or <a href="#">School Aged Children</a> | Raising Children Network                                     |
| Ideas for when <a href="#">Toddlers aren't eating much</a> and <a href="#">Healthy eating habits for children (1–8 years)</a>   | Raising Children Network                                     |
| <a href="#">Iron rich foods for babies and growing children</a>                                                                 | Queensland Government                                        |
| <a href="#">A guide to iron rich foods</a>                                                                                      | MLA Healthy Meals                                            |
| <a href="#">Baby Friendly Meals</a>                                                                                             | MLA Healthy Meals                                            |
| <a href="#">The Royal Children's Hospital Melbourne</a> constipation resources – translated into various languages              | The Royal Children's Hospital Melbourne                      |

## Supplementary Resources (these do not appear in the Mealtimes online learning package)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
|  <b>Understanding Sensory Processing: 8 Senses</b> (video)<br> Explains how we use different senses, beyond just sight, sound, touch, taste, and smell, to understand and react to the world around us. It helps parents understand how sensory processing affects behaviour and everyday activities. Includes resources designed for Aboriginal families. | Positive Partnerships                                             |
|  <b>Responsive feeding: Enjoying mealtimes</b> (video)<br>How to make mealtimes more relaxed and positive by tuning into a child's hunger cues, offering food without pressure, and creating a calm, enjoyable atmosphere.                                                                                                                                                                                                                | Royal Children's Hospital Melbourne                               |
|  <b>Online self-directed learning</b> (video)<br>Helping you manage mealtimes challenges in young children.                                                                                                                                                                                                                                                                                                                              | Women, Youth and Children Community Nutrition Service – Nutrition |
|  <b>Grow and Go Toolbox</b><br>Resources, tools, and strategies for parents to support their child's social-emotional development, learning, and everyday challenges. It offers practical advice to encourage positive behaviours and strengthen the parent-child relationship. Includes resources designed for Aboriginal families                                                                                                      | Grow & Go Toolbox: Helping Feed Under Fives                       |
|  <b>Bright Tomorrows</b> (app)<br>Parenting app for children aged 0–5 that gives fun, everyday ideas, based on science, to help build children's attention, emotional skills, relationships, routines and problem-solving. For mealtime ideas, look for 'Fuel and Flourish' and 'Nurturing Minds' under the 'growth' tab.                                                                                                                | The Kids Research Institute Australia                             |
|  <b>The Journey to Eating</b> (video)<br>Helping children accept new and different foods is a gradual process of exploration – starting with seeing, smelling or touching new foods and only later encouraging taste – so mealtimes remain calm and pressure-free.                                                                                                                                                                       | Learn to eat. Love to eat.                                        |

This document can be made available in alternative formats on request for people with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed. Links to other websites are inserted for your convenience and do not constitute endorsement of material at those sites, or any associated organisation, product or service. It is the responsibility of the user to make their own decisions about the relevance or accuracy, currency and reliability of information found on those sites.

