



Health Promotion in Greater Bendigo

Early Years

A short guide on how our team can support your early childhood service.

Meet the team

We would love to hear from you:
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How we can help your ECS

Purpose

Our Health Promotion team is passionate about improving the health and wellbeing of everyone in the community. The places we live, learn and play shape us and can influence our health and wellbeing.

We have many programs and initiatives that can help you improve the health and wellbeing for staff, children and families at your school.

How much do we cost?

All of our programs are **FREE** and there is no cost to your setting.

Our work focuses on:

- Increasing healthy eating
- Increasing active living
- Improving wellbeing
- Reducing harm from smoking and vaping
- Tackling climate change and its impact on health
- Preventing all forms of violence
- Improving sexual & reproductive health.



“Health promotion is the process of enabling people to increase control over, and to improve their health.”

World Health Organisation

Healthy Places, Healthy Futures



Healthy Places provides a whole-of-service approach to health and wellbeing. Services who complete benchmarks can receive up to **\$1800** worth of rewards for your centre!

We offer one-on-one support when working through each priority area, including:

- Support with policy development
- Access to resources and tools
- Portal navigation
- Menu assessments.

Example of our work



Pictured left is an initiative that has been implemented at a local long day care centre; bike parking for children whose parents help them to ride to the service.

By introducing bike parking, children are encouraged to engage in active transport.



Discover how the program meets standards [HERE](#)

Smiles 4 Miles

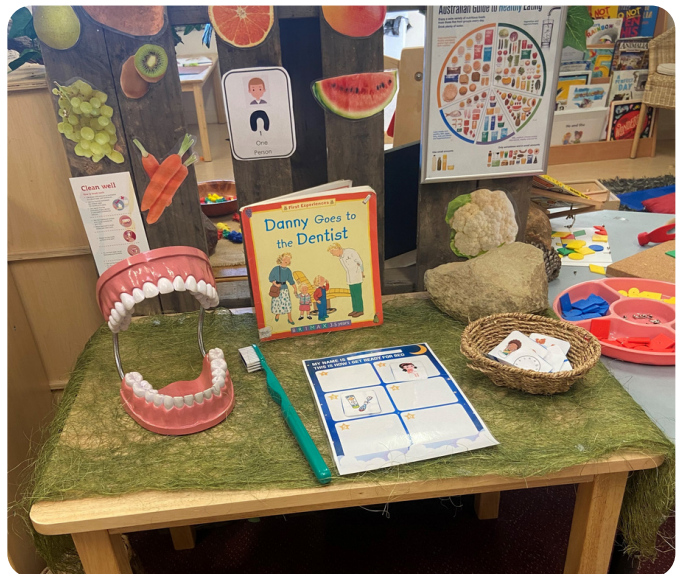


Smiles 4 Miles is an initiative of Oral Health Victoria (OHV) which aims to improve the oral health of children and their families in high risk areas across Victoria.

Smiles 4 Miles assists early childhood services to encourage and promote good oral health habits and healthy eating among children in their care, and assists these settings to meet the National Quality Standard.

What does Smiles 4 Miles offer early childhood services?

- **Free** toothbrushes and toothpaste for all children attending registered services
- **\$\$** incentives and rewards for becoming awarded
- Local support to help you implement the program
- Free training for early childhood professionals
- Practical resources to implement the program
- Receive a Smiles 4 Miles award
- Advanced standing for the Healthy Eating and Oral Health benchmark of the Achievement Program



Raising Active and Healthy Toddlers

The Raising Healthy Active toddler program is designed to help parents and caregivers with healthy eating and active play during the toddler years.

The program is designed to provide general advice for parents and caregivers about a range of areas they may want more support in and help them make their own choices.

The program covers the following topics:

- Managing fussy eating
- Active play
- Dental health
- Online safety.

Food groups for toddlers



You can find our Raising Healthy & Active Toddlers recording on the BCHS website **via this link. QR code?**

Community Engagement

Stalls or events

We can attend your event to provide information and resources about the services BCHS provides to the local community, or information on how to access services.



Health & Wellbeing education sessions

We can provide free health education sessions to children at your service.

We cover health topics such as:

- Healthy Eating & Oral Health
- Physical Activity

Although sessions are delivered at no cost, services are encouraged to be involved in our other programs to receive support.

