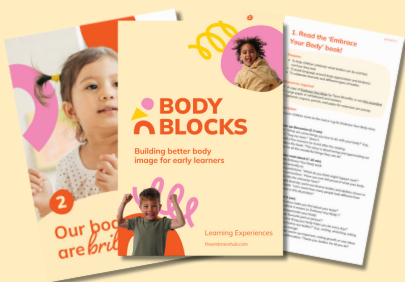


For early learning educators

Did you know that children as young as three already have clear ideas about bodies and appearance? Early childhood educators play a critical role in building young children's relationship with their body, food and movement in fun and positive ways.

The **FREE** Body Blocks program includes:

- Access to seven short self-paced online professional learning video modules that educators can watch one at a time, or altogether (total time= 30 minutes) to support staff in building children's positive relationships with food and their bodies
- An educator workbook and learning experiences to enrich both staff and children's learning and make implementing the advice fun and easy



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Educator modules

- Seven brief videos — a total of 30 minutes
- Practical, developmentally-appropriate and evidence-based advice and activities
- Support educators to reflect on and enhance their practice, in alignment with the Australian Professional Standards for Teachers
- What to say and how to play in ways that build body image from an early age

The episodes for this program are as follows:

- | | |
|-----------------|--------------|
| 1. Body Baggage | 4. Food Talk |
| 2. Body Talk | 5. Mealtimes |
| 3. Playtime | 6. Home Time |
| | 7. Me Time |

Why Body Blocks?

- **No overwhelm, no overload:** These short modules are designed to be completed in short breaks, to allow time for reflection and integration with practice
- **Engaging and relatable:** Designed to be inspirational, but also to be practical. Educators can watch one short video at a time, and go back out on the floor to try what they have learned
- **Personal and professional:** Supports educator wellbeing through promotion of self-care and self-compassion
- **Developed by experts:** The program was developed by paediatric dietitian Dr Lyza Norton and a team of body image experts based on the latest evidence, including the research that informed the Confident Body, Confident Child program led by Dr Laura Hart from The University of Melbourne

Aligned with the AITSL Australian Professional Standards for Teachers



Standard 4: Create and maintain supportive and safe learning environments

Focus Area 4.1: Support student participation
Focus Area 4.4: Maintain student safety

Standard 6: Engage in professional learning

Focus Area 6.2: Engage in professional learning and improve practice
Focus Area 6.3: Engage with colleagues and improve practice

Aligned with the Early Years Learning Framework V2.0

This professional learning resource supports educators to build capacity and confidence in delivering education outcomes aligned with the following outcomes:



Outcome 1: Children have a strong sense of identity

Outcome 2: Children are connected with and contribute to their world

Outcome 3: Children have a strong sense of wellbeing

Outcome 4: Children are confident and involved learners

Find out more



The Embrace Collective is a health promotion charity led by 2023 Australian of the Year Taryn Brumfitt and global body image expert Dr Zali Yager.



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