

New Healthy Start Community Trainers in Town

With the generous contribution from the Community Initiatives Fund, Healthy Start was pleased to host a Train-the-Trainer workshop on May 13 and 14 in Saskatoon. Fourteen indi-

viduals from all over Saskatchewan gathered together for the two day affair. There were representatives from school divisions, health regions, First Nations communities, early years organizations, family resource centres, recreation districts and health promotion initiatives.

enthusiasm that was inspiring to the Healthy Start team.

We are excited for this new implementation year as we will now be able to reach even more children in Saskatchewan with the help of our new Healthy Start Community Trainers. Please join us in welcoming Donna Coleman Trombley, Shawna Cote, Jodene Demorest, Diane Drummond, Lacy Eggerman, Connie Herman, Chelsey Johnson, Samantha Jolly, Tammy Leopky, Melisa McKay, Jane Meiklejohn, Amanda Petit, Janet Regan and Tanis Shanks to the Healthy Start team!



The group learned about a number of things including the Healthy Start initiative, what it means to be a Healthy Start Community Trainer and how to deliver Healthy Start trainings. The participants were even given the opportunity to practice and deliver a portion of the training to the group. Not only did the participants leave the workshop with a hockey bag full of resources (APE Kit), they left with an

Families at Whitmore Park Child Care Co-operative are encouraged to be "Super Healthy"

Tasha Balkwill and her staff at Whitmore Park Child Care Co-operative in Regina have been very busy since their Healthy Start training in January. In addition to adding more educator-lead physical activity and healthy eating activities into their day, they have focused on involving the parents throughout their journey of improving the health and wellness of the children in their care. Tasha has been handing out LEAP BC™ Parent Activity Cards, sharing the *Healthy Start Sampler* with the parents and posting the centre's Healthy Start goals. One of the goals the staff developed was to incorporate 180 minutes of active play every day in the centre. To encourage parents to do the same on the weekends, Tasha created a physical activity challenge. All of the parents were given a card with 15 minute interval blocks, totaling 180 minutes. Each time the child completed 15 minutes of active play, they could colour in a square on the card. There was also a section on the card where parents listed the activities the child did. One of the rules of the challenge was that all of the activity needed to be done in one day, not split up over the weekend. To help give parents some ideas for activities, Tasha also provided a letter explaining that active play isn't running hard for 180 minutes -

just anything that gets the kids moving like picking up toys, unloading the dishwasher, raking leaves, cleaning their bedrooms and jumping in puddles. She encouraged parents to use their imaginations and to ask the children for inspiration. Fifteen children brought their completed physical activity cards back to the centre. One child even filled out 3 cards in one day! "We had amazing participation with the challenge and the children LOVED it!", says Tasha Balkwill, Director of Whitmore Park Child Care Co-operative. "They even refused to give their forms to other teachers and insisted on giving it straight to me!"

The children who completed the challenge were awarded with prizes which included a book and toy. They also received a superhero-themed certificate naming them a "Super Healthy Kid". In recognition for achieving their physical activity goal, the children's pictures were placed on a superhero cape that was displayed in the welcome area for all to see.

Congratulations to the children, parents and staff of Whitmore Park Child Care Co-operative for promoting and adopting healthier, active lifestyles!



Let's Make: Cool berry smoothies*



*Reference: LEAP Food Flair, Legacies Now, p. 132.

What you need

- 1 cup of frozen berries
- 1 cup of milk
- 1 cup of vanilla or lemon yogurt
- ¼ tsp. of cinnamon
- 2 tbsp. of sugar

How to

1. Place berries, milk, yogurt, cinnamon and sugar in the blender.
2. Blend until smooth and creamy.
3. Serve into four tumblers or put in the fridge.

Serves four children



Healthy Start@Home

Summer offers many opportunities for children to go outside and play. However, it's important to remember the risks of playing out in the sun.

Once the warmer weather arrives, the body expends energy to maintain a body temperature of 37°C. One of the ways the body keeps cool is through perspiration. The hotter it is outside, the more water the body will lose by sweating. Therefore, it is important to take frequent water breaks to prevent **dehydration**.

Heat exhaustion occurs when the body loses too much water and minerals from perspiration while trying to cool down. Symptoms of heat exhaustion include: head ache, nausea, muscle cramping, dizziness, and an increased heart rate. To prevent heat exhaustion, seek out cool and shady areas to rest and remember to stay well hydrated.

A more commonly known risk in summertime is **sunburns**, which occur when the sun's rays burn the skin cells. We must therefore stay alert, because even if it doesn't feel hot, it does not mean that UV rays are blocked. It is therefore important to protect at all times

from these rays.

Here are some tips to avoid the negative effects of exposure to sun and heat:

- Use a good sunscreen with a sun protection factor (SPF). The Canadian Pediatric Society recommends an SPF of at least 30. Remember to apply on nose, ears and the back the neck of your child at least 30 minutes before going outdoors and after swimming.
- Wear a hat or cap.
- Encourage children to go play in the water to stay cool.
- Drink water regularly.
- Wear sunglasses that protect against UV rays.
- Keep as much as possible in the shade or in a cool (especially between 10 am and 2 pm).

Reference: <http://canadiensensante.gc.ca/healthy-living-vie-saine/environnement/environnement/sun-soleil/heat-extreme-chaaleur-fra.php>

Active Books in your Library

We're Going on a Bear Hunt
Michael Rosen Helen Oxenbury



Summer is finally here! What's better than getting outside and taking advantage of warm, sunny weather? The activity 'Follow the trail' (see LEAP HOP™ pg 32-33) is a great way for kids to have fun while being active. What's more, this activity uses easy-to-find materials and can be organized in a flash! To play, create a winding path

with a cord roughly 10 meters long and have children follow the path in different ways: on all-fours, crawling backwards, with a partner as a 'wheelbarrow', etc. To increase the difficulty, add obstacles to the path. The book *We're Going on a Bear Hunt* by Michael Rosen is a perfect complement to this activity and will fuel the children's imaginations. This book tells the story of a family going on a bear hunt and the different obstacles they face along the way (a river, branches etc.).



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