

Big Body Play

What is Big Body Play?

Some examples are rolling, running, climbing, chasing, pushing, banging, tagging, falling, tumbling, rough-and-tumble, rowdy, roughhousing, horseplay, play-fighting. They're also known as large motor movements.

Why is Big Body Play important?

Big Body Play helps children be more active and helps them learn to communicate with each other. Big Body Play can help with brain and body development.

Isn't Big Body Play fighting?

There are three main differences between rough-and-tumble play and fighting:

- 1) Children's faces should be happy or relaxed. A

fighting child's face may be more controlled and stressed with a clenched jaw.

- 2) All children are participating because they want to; no one is being forced to join in.
- 3) Children come back to play the same way again. If one child starts fighting, the others may not want to play with them again.

What if parents don't like Big Body Play?

Some parents might not like the idea of

roughhousing because they don't understand its benefits. If you document the learning that surrounds Big Body Play and share that with parents, it will help them get on board. Contact Healthy Start for an information sheet on documenting Big Body Play.

What if children get hurt while playing?

This may happen—just like it could happen while playing more conservatively, or while walking across the classroom. Treat any Big Body Play injuries like you would any other injuries. If an accident does occur, though, it is wise to consider why the accident happened. Could it have been prevented with more supervision or with changes to the play area? Reassure parents that any rough play is being constantly supervised.



<http://activeforlife.com/wp-content/uploads/2013/10/girl-and-boy-roughhousing612x300.jpg>

This article was based on Big Body Play by Frances M. Carlson.

For more information on Big Body Play contact your Healthy Start coordinator or check out The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It by Drs. Anthony T. DeBenedet and Lawrence J. Cohen from your local library.

Encouraging Healthy Teeth

When we eat foods with sugar, the bacteria in our mouth mixes with the sugars to create a mild acid. This acid is what gives us cavities.

Both natural and refined sugars can turn to acid in our mouths, so it is important to watch how often and how long we have sugar during the day.

The most obvious place we get sugar is in foods where it is added, like what

we find in the "Foods to limit" category. Some examples are:

- Sweets (cookies, cakes)
- Sweet drinks (pop, fruit punch)
- Dried Fruits (raisins, cranberries)

Limit these foods and be sure to brush your teeth after enjoying them.

However, we do not want to avoid healthy foods because they have natural sugars (even milk has some

natural sugars in it). Instead, we can make sure *how* we eat is helping our teeth stay healthy:

- avoid snacking all day
- serve water between meals and snacks instead of juice or milk
- finish your meal with a "teeth-cleaning" food like celery or a carrot
- eat any special sweets with meals, when your mouth is creating more saliva to help clean your teeth.

- eat some cheese. Cheese is full of calcium for teeth and it triggers your mouth to make more teeth-cleaning saliva.

Dental health is important for young children because baby teeth prepare a healthy area for adult teeth to grow into.

For more information on dental health, visit:

The Canadian Dental Association
(www.cda-adc.ca)

LEAP Food Flair p. 26

Let's make: Sweet Potato, Carrot, Apple, and Red Lentil Soup*

*Recipe from: <http://allrecipes.com/recipe/sweet-potato-carrot-apple-and-red-lentil-soup/>

One of our centres shared this recipe with us. Every time they make it, the kids gobble it up! Perfect for lunch on a cold winter's day.

What you need:

1/4 cup butter
2 large sweet potatoes, peeled and chopped
3 large carrots, peeled and chopped
1 apple peeled, cored, and chopped
1 onion, chopped
1/2 cup red lentils
1/2 tsp minced fresh ginger
1/2 tsp ground pepper

1 tsp salt
1/2 tsp cumin
1/2 tsp chili powder
1/2 tsp paprika
4 cups vegetable broth
Plain yogurt

How to:

1. Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.
2. Stir the lentils, ginger, ground

black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.

3. Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree.

Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

4. Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish.



Healthy Start@Home

Combatting Cabin Fever

What can you do with your kids when it's -50°C outside and you're stuck inside? There are a lot of ways to stay active indoors without a large space. It's important to help your kids find ways to move inside, so they don't get stuck in front of the television.

- Laundry basket ball (From LEAP HOP). Put a laundry basket against the wall and try to throw balls or other soft objects into it. How far can you throw it from?
- Put a pillow on the floor and jump over it while singing your ABC's.
- Act out your child's favourite story. While you read, they move!
- Dance to your favourite songs!
- Learn to hula-hoop.*

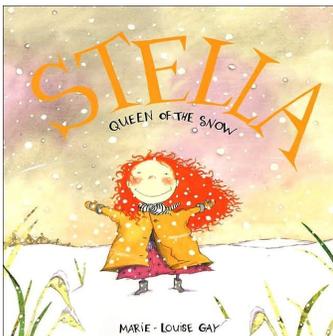
- Play some animal charades. One person acts out an animal, the others try to guess what it is.*
 - Relay up-and-down the stairs. Be sure to supervise children and encourage them to go carefully instead of quickly.*
 - Play "Simon Says" with active instructions (balance on one foot; do jumping jacks)
- Have another indoor idea? Send it to us and we'll share it on our Facebook page!

*Activity suggested by the Heart and Stroke Foundation of Canada

Active Books in your Library

Stella's little brother Sam is experiencing his first snowstorm and, as usual he has lots of questions. Older and bolder, his sister knows all the answers, and she delights in showing Sam the many pleasures of a beautiful winter's day.

This book is suggested in the LEAP resources, approved by educators and available at the library! After reading it, you can play in the snow and explore outside. See "Tricky tracks" on pp. 84-85 in LEAP HOP for ideas. Try it out and let us know what you thought!



Connect with us!

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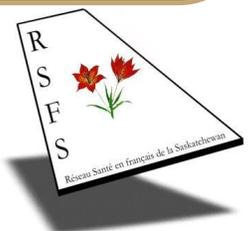
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