

Healthy Start Sampler

Growing happier, healthier children in
early learning environments

NUMBER OF HEALTHY START CENTRES (SK & NB): 186

Meadow Lake Tribal Council's Healthy Start

The Healthy Start team contacted Meadow Lake Tribal Council (MLTC) in early July and, at that time, MLTC were looking for a training opportunity that focused on health promotion for the Early Years. In less than 2 months the HS team had organized and booked a training before the new school year started, when most of the Head Starts and Day Cares reopened.

Training was held on August 25, 2015 in Flying Dust First Nation and included participants from 8 communities throughout MLTC – Some traveled more than 600km round trip! A total of 7 Head Starts and 8 Day Care centres took part in the free training session and took resources back to their home communities. This is the first training that Healthy Start had done in a First Nation community, but definitely not the last.



The participants worked together during a number of small group activities throughout the training, and discussed current

practices in their centres surrounding healthy eating and physical activities. They also shared ideas with each other on how to make positive changes to take back to their communities. One suggestion was to provide the resources and recipes from *LEAP Food Flair* to the cook so their centre could try a variety of new foods. Another topic of discussion was around a policy in one centre regarding parents bringing in "reward foods" for their child.

One of the major issues brought up in large-group discussion was the ongoing struggle to get fresh foods in their communities at an affordable cost. Healthy Start promotes increasing the amount of vegetables and fruit available to children during meal times, but in some remote areas that may not be as easy to do as in some urban centre. Healthy Start aims to provide resources in order to make healthy living easier, whether it be ingredients for a recipe or materials needed for physical activities that will be easy to access in all parts of Saskatchewan.

One of the most enjoyed parts of the training was when everyone went outside on a beautiful summer day to play with the *LEAP* activities from the resource *HOP* which includes some homemade materials that are inexpensive. The team tried to provide a wide variety of activities and had the participants rotate through 4-5 of the activities. All of the activities can be adapted to an individual child to make the activity more or less challenging. Some of

the participants got really active with some of the activities and became competitive amongst each other – of course, all in good fun!



At the end of the training the HS team provided each location with an APE (Active Play Equipment) kit, *LEAP* binders and other handout resources. MLTC staff have been using their APE kits and resources in their centres and classrooms to enhance what they have already been providing to the children. One staff member said she was making copies of the Information Sheets from the resources to provide to parents at a Family Night. Another staff member said that she really wanted to do more of the *HOP* activities with the children, but ran out of time in her Head Start class that day.

The HS team enjoyed building warm relationships with the ladies at MLTC and look forward to continuing the friendship in the months and years) to follow.

Share your stories with us!

Has Healthy Start made a positive difference in your day? Send us your story and pictures and you could be featured on our website or in our newsletter! Please send your submissions to info@healthystartkids.ca or visit www.healthystartkids.ca/your-stories/.

Let's Make: Potato Salad*

*Source : LEAP - Food Flair, Legacies Now, p. 135.



What you need:

- 1-2 small potatoes or sweet potatoes
 - 1-2 tbsp. of mayonnaise
 - Dash of salt
 - Dash of pepper
 - Dash of cinnamon
 - Dash of ground nutmeg
2. Cut the potatoes into small pieces and put it in a cup.
 3. Measure mayonnaise into the cup.
 4. Add a shake each of salt, pepper, cinnamon and nutmeg.
 5. Mix well with a spoon.

Serves one child

How to:

1. Cook the potatoes until soft and

then let them cool down.

Healthy Start@Home

Trick or Treating at Home



Trick or treating with a preschooler can be difficult. Don't stress! Below is a list of preschool friendly alternatives to traditional trick or treating:

- **Backyard Trick or Treating-** Place Halloween treats or non-candy surprises around the yard or house and have the children search for "treats".
- **Scavenger Hunt-** Either in the house or yard, have the children engage in a scavenger hunt. All participants can receive a prize at the end. Everyone wins!
- **DIY Carnival-** Having your very own at home carnival is a fun and active alternative to trick or treating! Invite other neighborhood families with preschoolers to join in the fun as well!
- **Craft Tables-** Decorate your own mini

pumpkin or scavenger hunt bag using paint, markers, stickers or glue on household items like buttons or dried pasta. Children may also enjoy decorating healthy cookies or muffins.

- **Halloween Dance Party-** Have your own monster mash! Children love to move, dance and sing. If several children are present, a costume parade around the house or yard is always a fun addition!

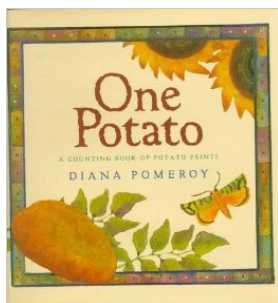
Enjoy these trick or treating trade-ins and have a healthy, safe, and active Halloween.

For more ideas and tips please visit us online at <http://healthystartkids.ca/?p=2531>.

References:

Jenna Birch. (2013). 11 Alternatives to Trick-or-Treating, In mom.me. Page viewed on October 14, 2015: <http://mom.me/holidays/4489-11-alternatives-trick-or-treating/>
Sara Smeaton. (2014). 4 active games to make Halloween spook-tacular for pre-schoolers. In Active for Life. Viewed on October 14, 2015. <http://activeforlife.com/games-to-make-halloween-spook-tacular/#prettyPhoto>

Active Books in your Library



One Potato: A Counting Book of Potato Prints by Diana Pomeroy is a vegetable-filled counting and craft book which helps young readers learn how to count to one hundred. When they are done counting, they can learn how to make beautiful pictures with paint and potatoes. After reading about potatoes, you can try incorporating potatoes into a meal (for example: see the potato salad recipe in the "Let's Make" section of this

newsletter). To round out a potato-themed day, the children can play 'Hot Potato' (LEAP HOP pg. 118-119) which is a game designed to improve hand-eye coordination. To start, they can play by trying to keep the balloon in the air with just their hands (see LEAP HOP pg. 145 for how to make safe balloons). The children can play by themselves or in a group, and you can increase the difficulty by having them use only one hand or by changing the rhythm (lightly, with force, downwards etc.). Once the children begin to master the game, you can have the children use paddles instead of their hands to hit the balloons, like in a game of badminton (see LEAP HOP pg. 145).



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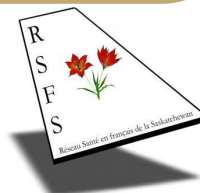


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