

## Au p'tit monde de franco in New Brunswick

The daycare *Au p'tit monde de franco* opened its doors in Fredericton, New Brunswick in 1979 with only 16 children enrolled, but over the years it has grown to be much larger. In 1998, the daycare has increased to 215 children and 24 employees. Then in 2007, the centre is moved to the new building of *Centre Communautaire Sainte-Anne* where there are now more than 300 children and 40 full-time employees. The daycare offers a variety of programs for children from 3 months to 12 years. In short, *Au p'tit monde de franco* provides an environment which allows children to socialize in French and to develop harmoniously through learning through play.

This centre has trained Healthy Start / Départ Santé in February 2015. Since then, the centre has made many changes to encourage healthier lifestyles.

The Healthy Start / Départ Santé team really enjoyed the training session with the staff of *Au p'tit monde de franco*. The educators were

very motivated by this training and were really looking forward to applying these new concepts in activities with children.

In terms of nutrition, the centre introduced



legumes to their current menu, which provided an opportunity to substitute meat for chickpeas, beans or other legumes. Educators are using the LEAP Food Flair resources two to three times a month. The staff even decided to

introduce new foods to children during activities in the classroom. The director, Karen, says that since the centre has received Healthy Start training, **the staff now sit down and eat with the children during meals to model healthy eating habits.**

In terms of physical activity, the educators started using the Active Kids Toolkit the very week after the training. The staff does the LEAP HOP activities with the manual 2 to 3 times a week. This is a very large centre, so it is necessary to share the Active Kids Toolkit, so the kit is exchanged weekly among the different groups within the centre.

The director also mentioned that **staff participate in more active play with children, they like to act as a role models.**

**Joining the children's games is a great way for the educators to be more active themselves!**

## Gearing up for winter

As the snow begins to accumulate, the prospect of tobogganing, snow angels and ice skating is promising. Along with excitement, the dread of cold winter temperatures grows. Fear not! Cabin fever does not need to set in! Here are some quick tips for winter dress that will help you get outdoors when the mercury plummets:

**Layer up-** Layering helps keep you warm. The first layer should be close to the skin (but not tight!), while the others are to be loose. This creates a barrier between your body and the cold.

### Layer 1 (close to the body)

- Should cover most of your body
- Polyester or moisture wicking materials
- Try to avoid cotton! (It absorbs sweat)

### Layer 2 (middle layer)

- Insulates
- Wool and fleece work best
- You can add as many middle layers as you need!

### Layer 3 (outside layer)

- Protection layer (water/wind)
- Nylon or Gore-Tex are top performers
- Jackets should be long enough to protect the back while sitting (no exposure) and have a hood
- Bib type snow pants are a great choice for active children!

### Protect the extremities

Hands and feet

- Layer on both hands and feet
- Thin (non-cotton) layer close to the skin

- Thicker (waterproof) layer on top Neck/Head/Eyes
- Cover the head, ears, and face
- A tube scarf or balaclava are a great alternative to a scarf
- Don't forget your sunglasses! Snow glare can injure your eyes

**Look at the forecast-** It seems simple, but along with checking the temperature (taking wind chill into account), also consider humidity. The higher the humidity (right above or below 0°C) the greater the chance you will get soggy. A waterproof outside layer is necessary!

**Amount of movement-** add more layers if activity will be in bursts (preschoolers' activity usually will be) and less if you are going to be doing uninterrupted activity.

# Let's Make: Gingerbread cookie people\*

\*Reference: LEAP HOP, Legacies Now, p. 143.

## What you need:

- ½ cup margarine (no trans-fat)
- ¾ cup lightly packed brown sugar
- 1 tbsp. blackstrap molasses
- 2 eggs
- 1 ½ cup all-purpose flour
- 1 ½ cup whole wheat flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 ½ tsp. ground ginger
- 2 c. tsp. cinnamon
- 1 tsp. allspice



- ¼ cup milk
- Dried fruits (raisins, cranberries, etc.)
- Cooking spray

## How to:

1. In a large bowl, use an electric mixer to cream margarine and sugar together. Blend in molasses until light and fluffy. Gradually beat in eggs, one at a time.
2. In another bowl, combine flour, baking soda, salt and spices.
3. Gradually add dry ingredients to creamed mix, alternating with milk. Mix until well combined and dough forms.

4. Cover and chill for 1 hour.
5. Preheat oven to 350° F (180° C). Spray cookie sheets with cooking spray.
6. Roll out dough on lightly floured surface to 1 cm (1/4 inch) thickness. Use gingerbread people or cookie cutters to cut out cookies and decorate them with dried fruits.
7. Bake cookies for 8 to 10 minutes until golden brown.
8. Let cool before eating.

Makes about 24 cookies.



# Healthy Start@Home

## Why not make the holiday season an active holiday!

Your kids are on vacation over two weeks and already you don't know how you're going to keep them busy? Do not worry! We have some ideas for how to relieve boredom and keep your little ones active:

- Cook with whole family! Try the recipe "Gingerbread cookie people" (see "Let's make" above)! Children can help collect the ingredients and utensils, and measuring the ingredients. For more recipe ideas, visit our website: <http://healthystartkids.ca/recipes/>.
- Go outside and play or take a walk in the neighborhood! Do not forget to wear layers to stay warm (see our article on the subject on page 1).
- Create a family orchestra! You can make your own instruments with what you have around the house:
  1. Drum: a pan (or container empty milk) and wooden spoon.
  2. Maracas: a container with a lid that is filled with rice, lentils or beans.



3. Tambourine: Two paper plates glued or stapled together and filled with rice, lentils or beans.
4. Bells: wooden spoon (or a few straws glued together) with bells (or small things that chime) attached to the end.

Then ask the children to play while walking like a marching band. To increase the challenge, vary the pace (strong, fast, etc.) or try to match steps with the music (big steps = play loudly, etc.).



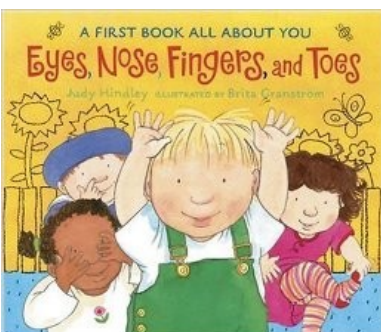
- Walk on stilts! Make your own stilts using cans, string and empty toilet paper rolls (for handles). Teach children how to walk with stilts and then ask them to try to walk in different ways (for example, like a duck or an elephant, etc.).

For more ideas, visit [www.healthystartkids.ca](http://www.healthystartkids.ca).

Reference: LEAP™ HOP, Legacies Now, pp. 46-47, 88-89, 132-134 and 139-140.

# Active Books in your Library

With the return of winter, it can sometimes be difficult to get out to play outside every day. But fear not! It is always possible to get kids moving inside – even if there is only a limited space. For example, the song "Head, Shoulders, Knees and Toes" – a childhood classic if ever there was one! – is very interactive. If nothing else, this nursery rhyme gets children moving and contributes to the development of coordination. You can speed up the pace to increase the challenge.



In addition, it helps children learn the names of different body parts (see LEAP™ HOP pages 36-37). Additionally, if you want to continue with the human body theme, read the book *Eyes, Nose, Fingers and Toes* by Judy Hindley as it illustrates different body parts and explains their functions.

# Connect with us!

Saskatchewan Team:

New Brunswick Team:

306-653-7454

1-855-653-7454

[info@healthystartkids.ca](mailto:info@healthystartkids.ca)

506-863-2273

[isabelle.caissie@umoncton.ca](mailto:isabelle.caissie@umoncton.ca)

[www.healthystartkids.ca](http://www.healthystartkids.ca)

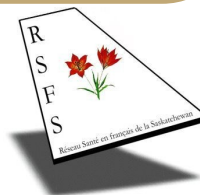


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