Départ Santé Healthy Start
Bouge - mange bien.
Be active - Eat well.

Healthy Start Sampler

Growing **happier**, **healthier** children in early learning environments

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Are Our Children Getting Enough Sleep?

Are our children getting enough sleep to be active? This is a question you should be asking yourself according to the most recent report from ParticipACTION, which points out that children are now getting 30 minutes to an hour less sleep than they used to. It is well known that sleep affects energy levels and the ability to concentrate but did you know that this may limit children's physical activity levels and be the beginning of a vicious circle? If they have not slept well, they may not have enough energy to be active during the day and, as a result, they may not have been active enough to fall asleep at night.

Sleep is essential to a child's development. It is recommended that preschool children sleep 11 to 13 hours a day. Naps are an integral part of good sleep habits until age five.

It is important to create an environment that encourages sleep by establishing a routine and a set bedtime every day of the year (even on weekends).

Some tricks and ideas for a good sleep routine:

- Create an environment that encourages sleep by limiting light and noise.
- Replace screen time with active games throughout the day and limit screen time before bedtime.
- Provide a good example as often as possible and have a positive attitude toward sleep and physical activity.

References:
https://www.participaction.com/sites/default/files/downloads/2016%20ParticipACTION%20Report%20Card%20-Tip%20Sheet.pdf
https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2 https://www.participaction.com/en-ca/thought-leadership/report-card/2016

Back to School Picnic

A picnic is a pleasant group activity for young children on warmer days (either in the centre's outdoor play area or indoors if it is rainy, or perhaps when you go on an outing). Having the children help get the basket ready and talking about the items they want to take along provides them with a learning opportunity and introduces them to different foods. An interesting activity might be the *Teddy bear's picnic* (p. 126 of *LEAP HOP*), in which the children plan a picnic for their teddy bear guests.

It is important to follow the same food safety rules that apply in the centre. Bacteria that cause food poisoning can be uninvited guests at a picnic.

Here are a few suggestions for keeping the contents of your picnic basket cool:

- Choose a cooler that closes tightly rather than a basket, which doesn't keep things cold;
- Take along ice packs or frozen water bottles and put them on top of your food;
- Put your cooler in the shade (if you are outdoors);
- When you get back, only keep food that is still cold. When in doubt, throw it out.

Recipe to try with young children

Banana Peanut or Pea Butter Rolls: Spread 2 tablespoons of peanut butter (or an alternative such as pea butter) on a whole wheat tortilla and sprinkle with 1 tablespoon of granola-type cereal. Put a banana in the centre and roll. Cut into slices for a delicious snack. *Be aware of allergies.*

References:
http://www.nospetitsmangeurs.org/video/pique-nique-sans-hic/
https://www.iga.net/fr/videos/minutes_futees/minutes_futees_tortilla_roulee_a_la_banane

Let's Make: Bean burritos*

*__Reference:__ *LEAP Food Flair*, Legacies Now, p. 166.

What you need

- 1 cup of cooked brown rice
- 1 14 oz can kidney, black or pinto beans drained and rinsed
- 1 cup of corn kernels, canned or frozen
- ¾ cup of mild salsa
- 10 flour tortillas (25 cm), warmed
- 1 ¼ cups of shredded cheddar cheese

How to

1. In a non-stick pan over medium heat, stir together rice, beans, corn and salsa.
2. Cook for three to four minutes or until warmed through.
3. Divide mixture evenly between the tortillas. Sprinkle with cheese.
4. Roll up tortillas and cut in half to serve.

Serves 20 children

Image: http://naitreetgrandir.com/fr/recette-familiale/fiche.aspx?doc=5e-naitre-grandir-burritos-rapides-rassasiants

Healthy Start@Home

The Perfect Packed Lunch

Fall is just around the corner and September means back-to-school. Here are a few tricks and ideas to help you prepare lunches for your young child:

1. **The four food groups:** Include foods from the four different food groups (milk products, fruit and vegetables, meat and alternatives, and grain products)
2. **Colour!:** Use the colour of fruits and vegetables to make your lunch box attractive and fun for your children. Include dark green vegetables, red peppers, or slice a few seasonal fruits and there you have it!
3. **Keeping hydrated:** Without a doubt, your children will have to replenish their fluids at lunch time. Make water your first choice, or send a carton of milk.
4. **Vary the choices:** Use hardboiled eggs, hummus, tofu, beans or lentils instead of meat.
5. **Choose whole grains:** Make whole grains or whole wheat your first choice for breads and pasta (rather than white flour). You can also vary side dishes by using rice, quinoa or couscous.

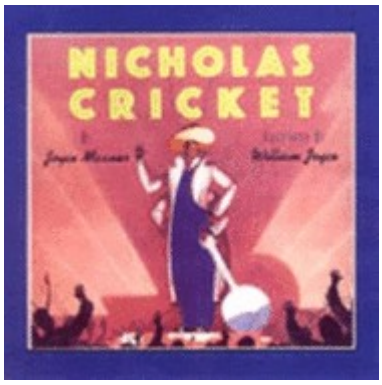
Preparing your child's lunch may seem like a difficult task but if you use the recommended portions and vary the menu, it won't be that hard! Don't be afraid to look for and try new recipes!

References:

http://www.nutritionmonth.ca/lunch_box_ideas/

http://www.mamanpourlavie.com/alimentation/repas--lunchs-et-collations/3688-la-boite-a-lunch-ideale.thtml

Active Books in your Library



Turn your group of children into a musical ensemble using the activity *Join the band* (see *LEAP HOP*, pp. 46-47). Encourage the children to keep time with their instruments, sing songs, or become a marching band! And why not kill two birds with one stone by organizing a craft session for your young Mozarts where they make their own instruments. For example, put lentils or rice into an empty bottle to make maracas (see *LEAP HOP*, p. 133). To complement this activity, read the book *Nicholas Cricket* by Joyce Maxner together. This book tells the tale of Nicholas Cricket who plays his banjo with the Bug-a-Wug Cricket Band.

Connect with us!

Saskatchewan Team:

306-653-7454
1-855-653-7454
info@healthystartkids.ca

New Brunswick Team:

506-863-2273

www.healthystartkids.ca

www.facebook.com/hsds.ca

https://twitter.com/HSDS_ca

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