

Redesigning the layout and daily schedule



Doris Gaschler and her team at Regina Eastview Daycare were eager to implement Healthy Start following their training in September. As one of the first things they did, the staff looked at the layout of their centre and reorganized spaces to allow for easier transitions to active play areas. They also spoke to Doris about how infrequently activity was planned in the day, especially educator-lead activity. Healthy Start encourages centres to help children achieve 180 minutes of physical activity each day with an emphasis on at

least 60 minutes of it as educator-lead activity. Because of what they learned at the training, they now have active play scheduled in their day, just as they have scheduled nap and mealtimes. “Healthy Start is inspiring. It gives you the opportunity to look at your current program with a fresh set of eyes”, says Doris. Healthy Start has also inspired their parent board to make positive changes. One of their goals is to revamp the toddler space to be more conducive to active indoor play, especially with winter arriving shortly.

Although it has only been a few weeks since implementing Healthy Start, both the educators and children are enjoying using the resources they have received. The play equipment and manuals are always readily available; allowing for quick, easy and new ideas at a moment’s notice.

“When you hear the word ‘healthy’, you automatically go right to food. Healthy Start shows you that it’s more than just food, it’s about being active too. Healthy Start was the kick start we needed to make changes in our centre”.



Healthy Start Evaluation Study

Since 2012, the Healthy Start team has been working with a team of researchers to evaluate whether or not our initiative helps children to be more active and eat healthier food. The evaluation team is composed of researchers from the University of Saskatchewan and the University of Moncton in New Brunswick. They each specialize in different subject areas includ-

ing: Nutrition, physical activity and physical literacy as well as population health.

After three years of data collection in 61 centres across Saskatchewan and New Brunswick, almost 900 children participated! The research team is working quickly to analyze the data and they are happy to share that so far, the results look

promising. Healthy Start would like to once again, say thank you to all the centres and families who generously agreed to participate in this very important early years study – we could not have done this without your contributions! If you have any more questions please contact Katie Pospiech (katie.posoiech@usask.ca).

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: Banana muffins*



*Reference: LEAP Food Flair, Legacies Now, p. 158.

What you need

- 1 cup of whole wheat flour
- 1 cup of quick-cooking oatmeal
- ½ cup of packed brown sugar
- 2 tsp. of baking powder
- 1 egg
- ½ cup of skim or 1% milk
- 1 cup of mashed banana
- ¼ cup of vegetable oil
- Non-stick cooking spray

3. In a large bowl, mix flour, oatmeal, sugar and baking powder.
4. In another bowl, beat the egg and mix in the mashed banana, milk and vegetable oil.
5. Stir the banana mixture into the dry ingredients and mix lightly.
6. Bake for 18-20 minutes or until muffin tops are browned. Loosen muffins and serve warm.



How to

1. Pre-heat oven to 400°F (200°C)
 2. Lightly spray a muffin tin with non-stick
- Makes 12 medium-sized muffins

Healthy Start@Home

Picky Eaters

Does your child refuse to eat at mealtime or reject certain foods? It's important to know that children's tastes can change considerably, even from day to day. However, children should not be forced to eat foods and food should not be used as a reward. Ellyn Satter, a nutritionist specialising in the division of responsibility in feeding, believes quite the opposite, emphasizing that you must be persistent and serve a food often to children so that they can get used to it. Children should be allowed to look at food and touch it, and taste it only when they feel they are ready to do so. The most important thing is to give children the freedom to choose what they eat. She says that children need to be exposed to a food many times before they accept it.

A child's appetite may also vary from one day to the next. This is normal since appetite is regulated by a child's growth and children are very good at recognizing the signs of hunger. It is a good idea then, to offer children food and let them decide how much of it they want to eat. Don't worry; children won't let themselves starve to death. Dessert should be presented in the same way as other foods (so that sweets are not put on a pedestal), the only difference being that only one serving of dessert can be taken.

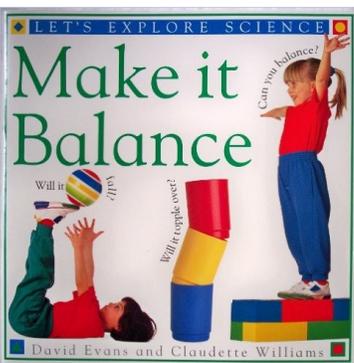
Some tricks and ideas:

- Place dishes of food in the middle of the table and act as a role model by taking a serving from each;
- Let children serve themselves without putting any pressure on them;
- Answer children's questions in a neutral and informative manner;
- Don't use "either ... or" descriptions for food ("it's good or it's bad for your health").

Being picky is normal, be persistent. It's worth it!

Source: <http://ellynsatterinstitute.org/hf/thepickyeater.php>

Active Books in your Library



Use tin cans and a cord to make stilts, then go on an adventure with your children! Besides being fun, this activity helps develop children's balance and coordination. Ask them to try different ways of walking with their stilts. Read the book "Make It Balance" by David Evans and Claudette Williams. See LEAP HOP pg. 88-89 for more information on the stilt walking activity and pg. 139-140 to find out how to build stilts.

Connect with us!

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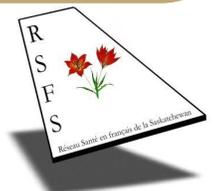


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The information contained in this newsletter is intended to inform early childhood practitioners and parents. The views expressed here do not necessarily reflect those of the Public Health Agency of Canada.