

# Healthy Start Sampler

Growing happier, healthier  
children in early learning  
environments

February 2018  
Vol 5 no 2

## Warm welcome from communities in Northern Saskatchewan

Healthy Start connected with Prince Albert Grand Council (PAGC) and was invited into early learning centres/Headstarts within Wahpeton Dakota Nation, Hatchet Lake Dene Nation, Black Lake Dene Nation, and Fond du Lac Dene Nation this fall. This was the first time that a Healthy Start coordinator had to take flights in order to reach remote communities in Northern Saskatchewan. Each community is unique in its own way and everyone was friendly and warm.

The Healthy Start training had lots of interest from parents, community members and early learning educators. Combining the four PAGC training sessions held this fall, 16 participants were educators, 20 participants were parents or grandparents, and 5 participants were various community members including a council member and two school physical education teachers.

It was great to see parents and community members taking interest and active steps to learn about health and wellness of children and families. Parent and community involvement also builds a strong support system and relationship with their early learning educators which benefits children and communities.



## Literacy Corner



### Physical literacy in the winter: Mastering movement skills on ice and snow

Before children can fully participate in winter activities like skating, skiing or hockey, they need to first develop the fundamental movement skills specific to moving on ice and snow. These skills are built on the foundation of movement skills already learned on solid ground.

**Push-Glide** – The basic movements of skating and skiing. Before strapping on skates, encourage children to mimic these movements on a smooth floor while wearing socks. Have them lean forward slightly and push their feet across the floor. This will help them be better prepared to move on ice.

**Step-Climb-Play** – Fun winter activities like snowshoeing, hiking and building a snowman don't require a trip to a recreational facility. All you need is an outdoor space and some deep snow. Taking big steps and learning how it feels to move and balance in the deep snow are essential skills for children to learn early, especially living in the wintery climate of Canada.

When children learn to master these movement skills on ice and snow, winter will no longer become an excuse to stay inside. Have fun in the snow. Get the children out there with you and practice these skills together!

Source: [Active for Life](#)



# Let's Make

## Lentil Granola Bars

### Ingredients

- 2/3 cup shredded coconut
- 2 cups quick-cooking rolled oats
- 1 cup brown sugar
- 1/3 cup pellet-like bran cereal
- 1/2 tsp cinnamon
- 3/4 cup lentil puree\*
- 1/2 cup canola oil
- 1 egg, beaten
- 1/2 tsp vanilla extract
- 1/4 cup mini semi-sweet chocolate chips, dried cranberries or raisins

### Directions

- Preheat oven to 350F. Make sure rack is in centre of oven.
- In medium bowl, mix coconut, oats, brown sugar, cereal and cinnamon.
- Add lentil purée, oil, egg, and vanilla. Mix until dry ingredients are just moistened.
- Spread over a 10 ½ x 16 (25 x 40 cm) non-stick cookie sheet. Bake 30 minutes, or until lightly browned. While bars are still warm, add chocolate chips, dried cranberries or raisins on top and cut into 35 bars.

\*Lentil Puree: Rinse and drain a 19-ounce can of lentils. Place in food processor, add ¼ cup hot water, and puree until the mixture is very smooth, adding more water in small amounts to reach desired consistency, similar to baby food, about 5 minutes. Scrape down sides of the bowl as needed. Refrigerate or freeze unused lentil puree for your next batch!



Recipe adapted from: [Pulse Canada](#)

## New activity guidelines for the early years launched

The Canadian Society for Exercise Physiology has just released the **Canadian 24-Hour Movement Guidelines for the Early Years**.

These new guidelines combine physical activity and sedentary behaviour guidelines into one, and now include sleep as these three behaviours are connected. Highlights for preschoolers include:

- Move for at least 180 minutes, of which at least 60 minutes is energetic play.
- Sleep for 10 to 13 hours with consistent bedtimes and wake-up times.
- Sit and screen time should be limited to no more than 1 hour at a time.
- Trade indoor time for outdoor time.

Healthy Start will be updating our resources to reflect these changes – stay tuned!

For more details, visit <http://csepguidelines.ca/early-years-0-4/>

