

Healthy Start Sampler

Growing happier,
healthier children

SPRING 2023



Active Play

Tricky Tracks in the Snow

Let's Play

Take turns making a pathway in the snow for the others to "follow in the footsteps". Have fun making the path change direction, crisscross itself, and change the distance between the footprints so that some are close together and some need a jump to reach.

Try it This Way

- Write letters and numbers in the snow.
- See if you can find animal tracks.
- Look in a book to see what the tracks of different animals look like, and try to copy these in the snow.
- Have fun inventing creatures (e.g., animals, machines) with extraordinary tracks.
- Make the tracks and challenge each other to imagine and describe the creature that made it.



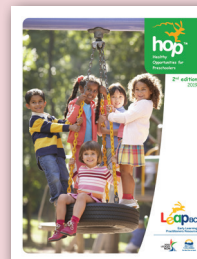
This simple game builds muscles and cardiovascular fitness and engages children's imaginations.

Source: [LEAP HOP Family Resource](#)

Leap HOP is a free resource for parents and educators that offers activity ideas for children aged 3-5.

Download Leap Hop and our other resources at:

healthystartkids.ca/toolkit/



Tips on Outdoor Play

After four months of winter, parents and caregivers may have lost their enthusiasm for snow, but kids still enjoy it!

How to dress for long lasting play (in muddy cold weather)

As winter days turn into spring days, layering is your best friend. When it is melting outside opt for a waterproof outer layer, a baselayer, a long sleeve shirt made of synthetic or polyester (avoid cotton which will absorb sweat), wool or synthetic socks in waterproof boots, and don't forget a hat, gloves, and the sunblock!

A warm, dry child will be free to explore and stay active even as the snow melts around us, oh-and did we mention mud play?



For more tips on physical activities:

<https://healthystartkids.ca/category/be-active/>



Let's make

Dinosaur Dip

A simple and easy dip to serve with raw vegetables.

This is a good recipe to make with children at home or in a preschool setting.

Serves six children



Ingredients:

- $\frac{3}{4}$ cup Plain yogurt 200 ml
- 3 tbsp. Mayonnaise 50 ml
- 4 tbsp. Dried vegetable soup mix 60 ml

Directions:

1. In a bowl, mix yogurt, mayonnaise, and soup mix.
2. Refrigerate for at least one hour.

Note: To avoid “double dipping” serve the dip in individual bowls.

Tips on Nutrition

Vegetables and fruits:

Vegetables and fruits give children the vitamins and minerals they need to be healthy, yet many toddlers and preschoolers do not eat enough. Washing and cutting up vegetables and fruits takes a little time compared to packaged convenience food, but the benefits for healthy growth and development are worth it. Offering vegetables and fruits multiple times a day is one of the best things we can do for a child's nutrition.

If possible, it's best to include vegetables or fruits in every meal or snack. The nutrition resource Leap Food Flair offers these ideas to eat more vegetables and fruits:

- Offer raw veggies to dip into salad dressing or a dip made with plain yogurt.
- Add frozen green peas or sliced baby carrots to chicken noodle soup.
- Serve cut-up grapes, apples or melon cubes with cheese for a snack.
- Use frozen berries, ripe bananas, or canned peaches in smoothies.

Discovering new vegetables:

Most children will happily eat fruits, but some may refuse certain vegetables because they are hard to chew, unfamiliar, or simply because they're not a favorite food. A child may need to be offered a food 20 times before they will accept and enjoy it, so keep trying! If a food isn't popular after a few tries, try changing the way it is prepared, e.g., steam, roast, or grate vegetables.



Source: [Food Flair](#)

Food Flair tips and activities support healthy eating for young children from birth to age 5.

Download *Food Flair* and our other resources at:

healthystartkids.ca/toolkit/

