

Healthy Start Sampler

Growing happier,
healthier children

JUNE 2023



Summer's Here! Let's play outside

Summer is the best and easiest time to be active outside with children. So many summer activities are physical activities, like swimming, going to paddling pools and spray parks, riding bikes, and playing organized sports like soccer and baseball.

One of the only barriers to outdoor play in the summer is extreme heat. On very hot days, protect children from the heat by:

- Limiting your time outside between 11 a.m. and 4 p.m.
- Applying sunscreen 20-30 minutes before going outside.
- Making sure children wear a hat (wide-brimmed hats are best)
- Staying hydrated and have access to a water bottle.
- Wearing light coloured clothing.
- Never leaving a child in a closed parked vehicle.



For more tips on physical activities:

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

Active Play Paint the house

Paint the House is a fun and easy backyard activity. All you need is a bucket or bowl of water, paintbrush, and chalk (optional).

Let's Play

Invite children to "paint the house" with water. Show children areas they are allowed to paint with water. These might include paths, trees, play equipment, and the fence. Place a bucket of water nearby and invite the children to use their imagination and paint the areas however they like.

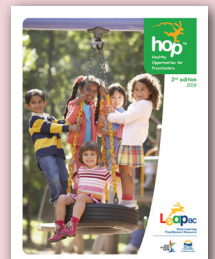
To extend the play, use chalk to outline the child's first initial, a picture or shape for them to paint. Ask children to tell you about what they painted. This can be a wonderful prompt for storytelling.



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/



Source: [LEAP HOP Family Resource pg. 66-67](#)



Let's make

Fruit Ice Drink

A homemade fruit ice drink is a great alternative to the sugary Slurpee sold at corner stores. Children can help make this frozen drink by measuring ingredients and adding them to the blender.

For safety, unplug the blender or remove the blender pitcher from its base while the child is adding the ingredients.

Ingredients:

- ½ cup water
- ¾ cup 100% apple juice
- 1 cup frozen strawberries
- ½ cup ice

Directions:

Place all the ingredients in the blender in the order listed, and blend until smooth.
Makes 2 servings. Serve in a straw cup or open cup with a straw.



Tips on Nutrition

Canada's Food Guide encourages us to be mindful of our eating habits. Food Flair offers tips to help children develop positive experiences with food and recognize their hunger and fullness cues.

Phrases that help:

- These are _____ (a new food such as asparagus). See what you think."
- "Would you like more?"
- "Is your stomach telling you that you're full?"
- "Use your napkin."
- "Please move the serving bowl closer to your plate."

Table talk topics:

- "What did you do at the playground today?"
- "Tell me the best part of the story your teacher read today."
- "Talk about a good thing you or someone else did."

Inappropriate comments:

- "Eat that for me."
- "I wish you were a good eater like Sally."
- "You have to take one more bite before you leave the table."
- "How do you know you don't like them if you haven't tried them?"

Sources:

Food Flair page 61

Canada's Food Guide: <https://food-guide.canada.ca/en/>



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/

