



GROWING HEALTHY CHILDREN!

HEALTHY START FOR ACTIVE KIDS

A bilingual, community-based early years health and wellness initiative, which originated from a partnership of individuals and organizations in Saskatchewan and New Brunswick.

OUR GOALS

- Increase active play, outdoor play, physical literacy and healthy eating experiences of young children.
- Enable parents and early years practitioners to become healthy role models.

PARTNERS & COLLABORATORS

The program is led by Physical Literacy New Brunswick (Sport NB)

- University of Saskatchewan
- Centre de formation médicale du Nouveau-Brunswick, (Université de Sherbrooke et de Moncton)
- Active Kids / Jeunes actifs
- ECE Colleges –New Brunswick
- Government of New Brunswick
- Réseau Santé en français de la Saskatchewan
- HEPAC
- Recreation NB
- MACS



TARGET POPULATIONS

- Children aged 0-5 years
- Licensed early learning and childcare centres
- Prekindergarten or preschool programs
- Family resource centres
- Remote, underserved and diverse communities (francophone, Indigenous, New Canadians)

WHY IS THIS IMPORTANT & WHAT CAN WE DO?

- Healthy, active children demonstrate better learning outcomes
- Parents and caregivers play a significant role in the health of young children
- To impact the health of young children we aim to focus on the social determinants of health

The over-consumption of sugary beverages and increased screen time linked to childhood obesity

Childhood obesity rates tripled in last 30 years

30% of Canadian children not meeting physical activity guidelines

PROGRAM IMPACT & REACH

Healthy Start for Active Kids is an evidence-based initiative implemented in over 500 centres and reached thousands of educators. What participants tell us about the program:

- The training is fun, concrete and useful
- Most practitioners say they are confident enough to integrate new concepts into their program or classrooms
- 81% will do more physical activity with the children in their care
- 76% are comfortable increasing opportunities for healthy eating
- Children demonstrate improvements in physical literacy

WHAT DOES IT MEAN TO TAKE ON HEALTHY START FOR ACTIVE KIDS?

- Participate in a free professional development workshop
- Commit to increasing opportunities for active play, physical literacy and healthy eating every day.
- Receive free resources - LEAP™ (HOP & Food Flair) manuals and Active Play Equipment!
- Access additional information, recipes, newsletters, a website and much more.

WHO CAN PARTICIPATE?

- Directors, educators, food staff in early learning and childcare centres
- Teachers and teachers' assistants in prekindergarten / preschool classes
- Parents of 3 to 5-year-old children
- Early years coordinators / practitioners
- Health professionals



JOIN THE PROGRAM!

For more information or to register for the following training options contact us or check out our website

www.healthystartkids.ca

- ✓ In-person workshops delivered in childcare centres
- ✓ Regional training offered by community trainers
- ✓ Healthy Start for Families - sessions for parents and children
- ✓ Healthy Start online course and webinars

CONNECT WITH US!

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