



HEALTHY CHILDREN ON THE MOVE: PHYSICAL ACTIVITY AND THE CHILDCARE SETTING

**Best Start Resource Centre Conference
Friday February 27th, 2015**

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Chantal Lalonde, Health Promotion Specialist, EOHU**

WORKSHOP OUTLINE

- Introduction
- Part 1: Intro to Physical Activity
- Part 2: Childcare policy 101
- BREAK
- Part 3: Resources
- Part 4: EOHU Toolkit
- Part 5: Learning Activity
- Wrap-up



WORKSHOP OBJECTIVES

- Gain an understanding of:
 - Key physical activity concepts and their importance for the early years.
 - Policy and the childcare setting.
- Be aware of:
 - Existing tools, resources and practices.
- Identify your own personal 'next-step'.



HOUSEKEEPING

- Facilities
- Session check-ins
- Standing optional workshop



INTRODUCTIONS

- Mary Jane Gordon
Public Health Nurse,
KFLA



- Chantal Lalonde
Health Promotion
Specialist, EOHU



WHO ARE YOU?

- Public Health
- Teacher
- Early Childhood Educator
- Childcare/Daycare Provider



ICEBREAKER - WUZZLE

1.	<p>K A E P S</p>
2.	<p>Eng lish</p>
3.	<p>DEEF</p>
4.	<p>The SaNd</p>
5.	<p>Kick Kick kick Kick idea kick Kick kick kick</p>

