



Childcare Policy Resources

Mary Jane Gordon
KFL&A Public Health

Resources

- Models
- Toolkits, Policy and Best Practice Documents
- Resources for program delivery

Raising the Bar



Raising the Bar
Early Childhood Education
An ASCY Community Initiative

1

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Site

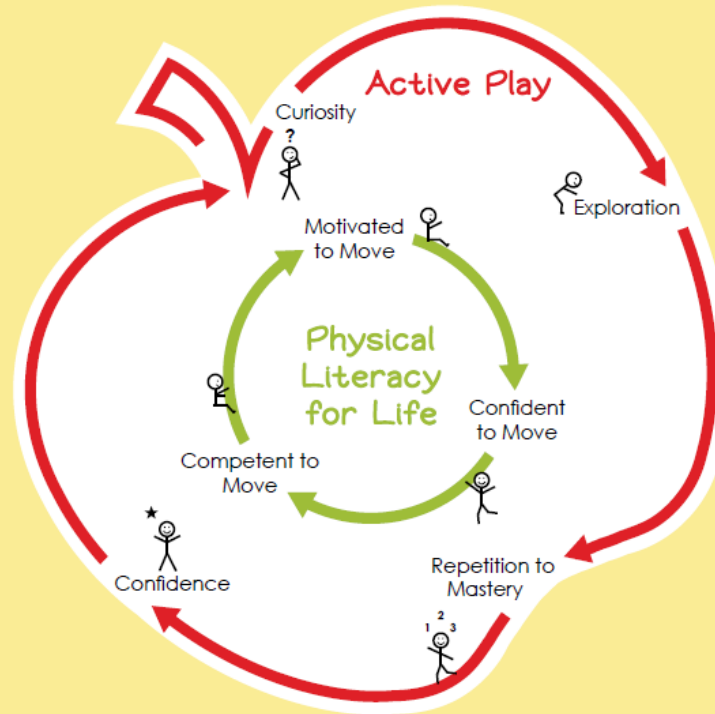
Apple Model –active play and physical Literacy every day

- Mount Royal University

- [Physical Literacy and the Early Years: Supporting Healthy Active Children | PARC - The Physical Activity Resource Centre](#)

apple

ACTIVE PLAY & PHYSICAL LITERACY EVERYDAY



Create a rich environment that promotes **ACTIVE PLAY** to spark a child's curiosity and exploration, and motivates a child to move



The child will repetitively engage in active play building mastery, confidence and competence to move in different ways



Active play facilitates fundamental movement skill development promoting physical literacy for life

The slide features a green background with a pattern of faint, overlapping hexagons. A white rectangular box is positioned on the right side, containing the word 'Toolkits' in a bold, black, sans-serif font. A dark grey rectangular area is located at the top of the white box. A thick green horizontal line is at the bottom of the white box.

Toolkits

Eastern Ontario Health Unit



PHYSICAL ACTIVITY ENVIRONMENT SELF-ASSESSMENT AND PLANNING TOOLKIT for Childcare Settings



www.EOHU.ca
Your health... our priority



NAPSACC

Nutrition and Physical Activity Self Assessment for Childcare

- gonapsacc.org
- University of North Carolina
- Evidence based best practices

KFL&A Physical Activity Policy



- Stay on the Path

Ottawa Public Health

 Ottawa | Public Health
Santé publique



Child Care Healthy Eating and Active

Living Guidelines

Helen.Parker@ottawa.ca

Flourish: A physical literacy resource for Early Childhood Educators in Windsor-Essex County

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Flourish

A physical literacy resource for Early Childhood Educators in Windsor-Essex County.



© Windsor-Essex County Health Unit, November 2014.

Flourish

A physical literacy resource for Early Childhood Educators in Windsor-Essex County.

SECTION 4: A PHYSICAL ACTIVITY POLICY FOR CHILD CARE CENTRES

Physical Activity Policy Statement.....

Indoor and Outdoor Spaces

Supportive and Inclusive Environments

Physical Activity Curriculum

Sedentary Behaviour

Role Modelling

Education and Professional Development

Policy Indicators.....

Tracking the child's progress

There are four **Movement Skills Observation Reports (M.S.O.R)**:

- **Infant (6-12 months)**
- **Toddler (12-24 months)**
- **Toddler (24-36 months)**
- **Preschooler (36-48 months)**

Flourish

A physical literacy resource for Early Childhood Educators in Windsor-Essex County.



English | French

Home

For Practitioners

For Families

For Fun

BC

Yukon

NWT

Quebec

Contact



Welcome to Healthy Beginnings 2-5! Please explore our website to learn about how you can provide physical activity, healthy eating, reduced screen time and reduced sugar sweetened beverages to preschool aged children.

Building resilient Canadians starting in the early years by targeting the places where children spend their days

For Practitioners!

For Families!

For Fun!



Training & Resources for Professionals

Canadian Pediatric Society

- Active Kids Healthy Kids



Good Beginnings

- Good Beginnings





Activities and programming resources

Ophea

Early Learning Resource | Ophea Teaching Tools

Promoting healthy active living
is fun and easy with Ophea's
Early Learning Resource



The Early Learning Resource:

- Is for early-learning teams, educators, and kindergarten teachers
- Assists in the implementation of the Health and Physical Activity learning area of the Full-Day Early-Learning Kindergarten Program 2010-2011 (draft version)
- Is also available at earlylearning.ophea.net and includes additional tools and resources



This set includes:

- 50 easy-to-implement activities that support a variety of health and physical activity topics
- An Anecdotal Recording template



Available online for download:

- Additional information on program instruction, strategies for inclusion, warm-up and cool-down activities as well as safety considerations



earlylearning.ophea.net

*Together we can give our children a great head start
in leading healthy active lives.*

Move & Play through physical literacy

- Move & Play through Physical Literacy



MOVE & PLAY
Through Physical Literacy

Are you looking for ways to incorporate fundamental movement skills into your programming? Use the Move & Play through Physical Literacy cards to assist activity leaders in the integration of physical literacy and fundamental movements into a variety of programs, activities and environments. These cards are designed to be used in a variety of applications including the home, school, sport, or community setting.

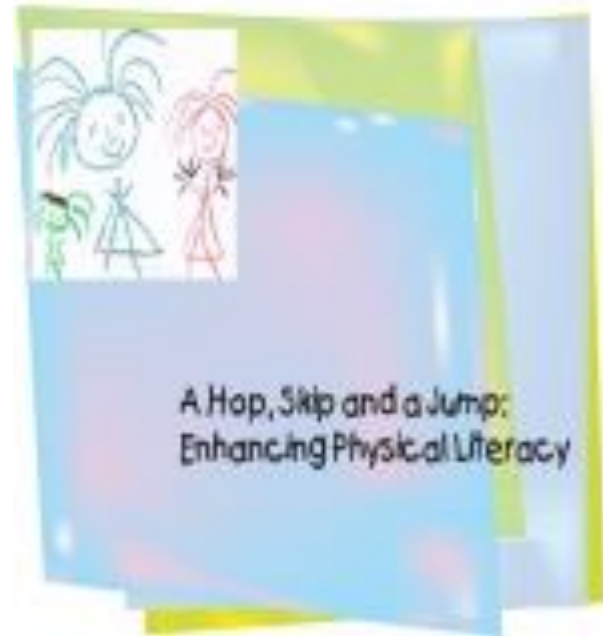
Leap BC Family Resource

- LEAP BC™ | Decoda Literacy Solutions



A Hop, Skip and a Jump; Enhancing Physical Literacy

- A Hop, Skip and a Jump



Rainbow Fun

- physical activity and healthy eating program for children 3-6 years.
- information and interactive activities for child care providers, educators and parents.



[Rainbow Fun - Physical Activity - Healthy Lifestyle | City of Toronto](#)

Halton Region

- [Let Me Move... Watch Me Grow](#)
- [Winter Fun Activities Indoors and Out](#)
- [Winter Fun For Families](#)
- [Family Fun in Halton](#)





**Resources
for Parents**

Parent Resources

- [Have A Ball \(2-5 year olds\)](#) – Best Start Resource Centre
- [Active Play with Your Baby](#)



caring for kids
[.cps.ca](http://cps.ca)
Information for parents from Canada's paediatricians

Active for life

Website

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not for profit social enterprise by 

ACTIVE FOR **LIFE** *Raising healthy, happy kids*



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Search...





Help kids develop physical literacy and they will be Active for Life.

ACTIVE FOR

activefor

A young girl with light brown hair, wearing a blue and white t-shirt and dark blue jeans, is balancing on a large, horizontal log at a playground. She has her arms outstretched for balance and is looking towards the camera with a slight smile. The background is a blurred playground with other children and colorful equipment under a bright sky.

Kids have more fun being active when they are physically literate.

ACTIVE FOR

activefor

Activities

[ABOUT AFL](#) [CONTACT](#) [TAKE ACTION](#) [OUR PARTNERS](#) [FRANÇAIS](#)

ACTIVE FOR LIFE Raising healthy, happy kids

[PHYSICAL LITERACY](#) ▾

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Bucket Toss Golf

«back  Skill: Throw ⌚ 30 minutes



Requirements

Beanbags, soft foam balls, or balls of socks

Buckets, laundry baskets, or large cardboard boxes

Pieces of cardboard, or paper to mark "golf tees"

Suggested Age

4-10 years

Instructions



CANADIAN SPORT FOR LIFE

CS4L promotes healthy growth and development through sport, so people can enjoy physical activity and be active for life.



canadiansportforlife.ca



**CANADIAN
SPORT FOR LIFE**

Kingston

PLAY LIBRARY

PLAY Library
**Physical
Literacy**
Starter Kit



CANADIAN
SPORT FOR LIFE
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Standing Up Against Sitting Down

Tips to help keep our young children moving and active

It's never too early to think about physical activity with our children.

Look inside for simple tips to boost your children's activity levels and for advice about TV, screens, and how to cut down on sitting down.

RTS&A
PublicHealth

Session Check in