



Atlantic Summer  
Institute on  
Healthy and Safe  
Communities  
l'Institut d'été  
sur les collectivités  
sûres et en santé au  
Canada atlantique

## Atlantic Canada Showcase Presentation

### **Active Kids Tool Kit: Developing Physical Literacy in Young Children and Optimizing Active Play**

#### **Description of Presentation**

The Active Kids Toolkit is a comprehensive resource and training opportunity to help families and caregivers provide daily, quality physical activity opportunities for young children up to five years of age. This interactive session will introduce the tools, developed through research and an analysis of best practices, to help develop physical literacy in children and support active play. Active play improves coordination and motor skills, teaches leadership, encourages imagination and builds confidence. It addresses the whole child and recognizes that pathways in the brain that are accentuated/strengthened by physical movement during their acquisition.

Under the umbrella of the Wellness Strategy in New Brunswick, the goal of the Active Kids Toolkit is to increase the opportunities for daily, quality physical activity for young children, their families and all others who work with or care for them. The Active Kids Toolkit program has been launched province-wide, following a successful two-year pilot in the Woodstock and Richibucto regions. This program draws in many different partners: other government departments such as Social Development, daycare centres, private caregivers, Family Resource Centres, libraries, etc.

The determinants of health addressed: Social Support Networks, Physical Environments, Personal Health Practices and Coping Skills, Healthy Child Development, Education.

Principal approach taken: Public Education, Community Capacity Building, Developing Partnerships / Collaboration, Creating Supportive Environments.

**Presenter**  
Cindy Dickie



Cindy Dickie is a Wellness consultant for the Department of Wellness, Culture and Sport in NB. She holds a Bachelor of Education from the University of Saskatchewan and a Masters of Education from Acadia University. She has extensive experience in education, health and physical activity programming for a range of populations in several different provinces. In her role with the province of New Brunswick she is responsible for developing and supporting initiatives that will help New Brunswickers enhance their wellness through healthy, active living.



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This initiative has had a comprehensive 2 year evaluation with overwhelming results - findings will be discussed in the presentation.

### ***How you will benefit***

Participants will learn:

- How patterns of physical movement help children hear and feel various aspects of expression;
- About The Active Kids Toolkit program and how it has been a true community partnership with both government and non-profit participation;
- How to strengthen and enable the early childcare sector, community programmers and families through education and resources, and develop healthy active children; and
- How to have fun and learn through a variety of techniques and styles - literacy is not just about reading and writing!

### ***Handouts***

Available during the presentation

### ***Resources***

- Active Kids Newsletter – June 2008
- Language “Tips” for Young Children or Children with Difficulties Understanding and Processing Language
- Listening Cue Sheet

### ***Contact Information***

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