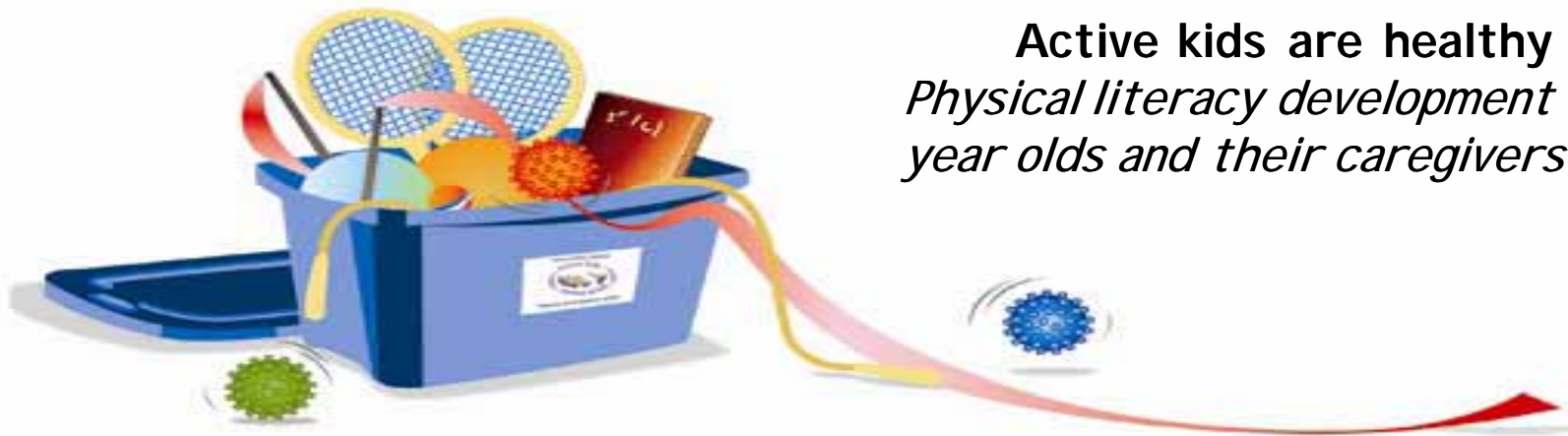




Active kids are healthy kids!!!
*Physical literacy development for 0 to 5
year olds and their caregivers ;*



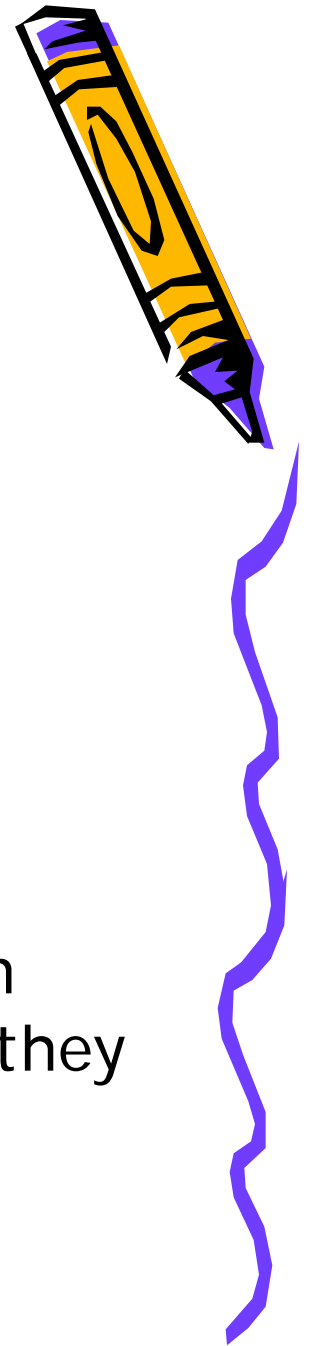


Why???

34% of children in New Brunswick are overweight/obese compared to the National average of 26%.

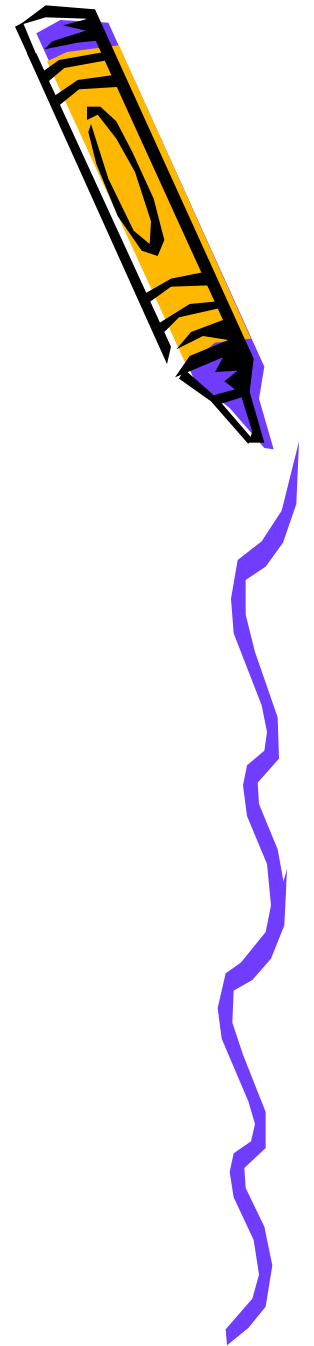
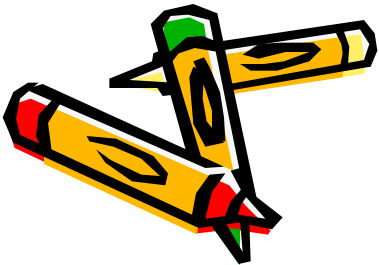
Less than half of our children meet the minimum daily physical activity requirement to support basic healthy growth and development.

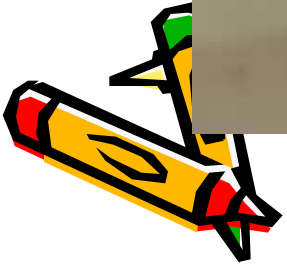
Only 36% of parents report regularly engaging in physical activity with their children. 32% say they never play active games/sports with their children.



Determinants of Health

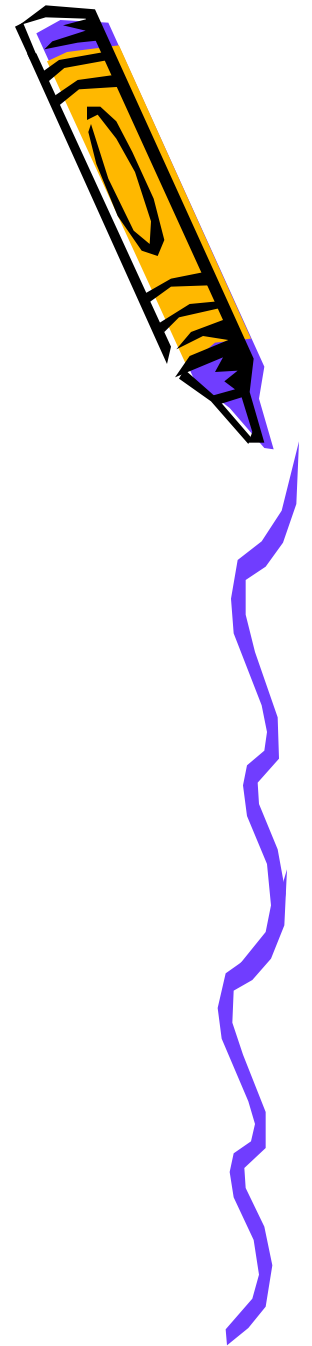
- Physical environment
- Healthy child development
- Personal health practices
- Gender
- Social support networks





Here from there ...

- The beginning
- The consultations
- What we learned
- The locations
- The committees



A wonderful partnership...

SD

FFFA

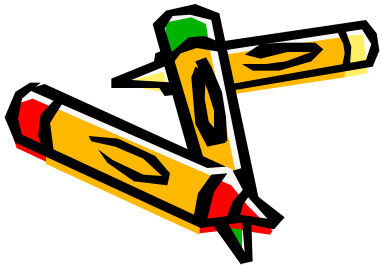
municipality representatives

Family Resource Centers

Early Interventionists

NB Libraries

and others ...



WCS



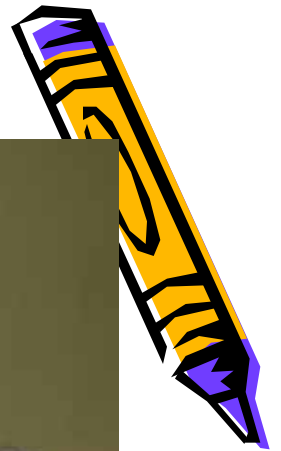


The "Toolkit"

- **Large** –
daycares,
municipalities,
libraries ...

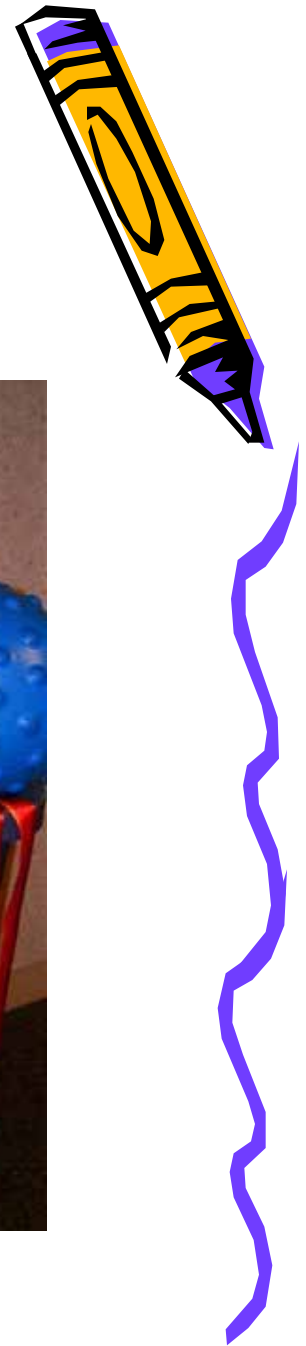


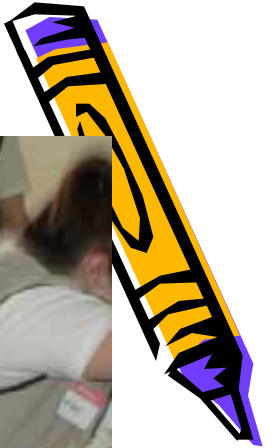




The "Toolkit"

- **Medium** – home based caregivers



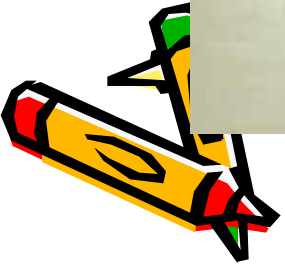


The "Toolkit"



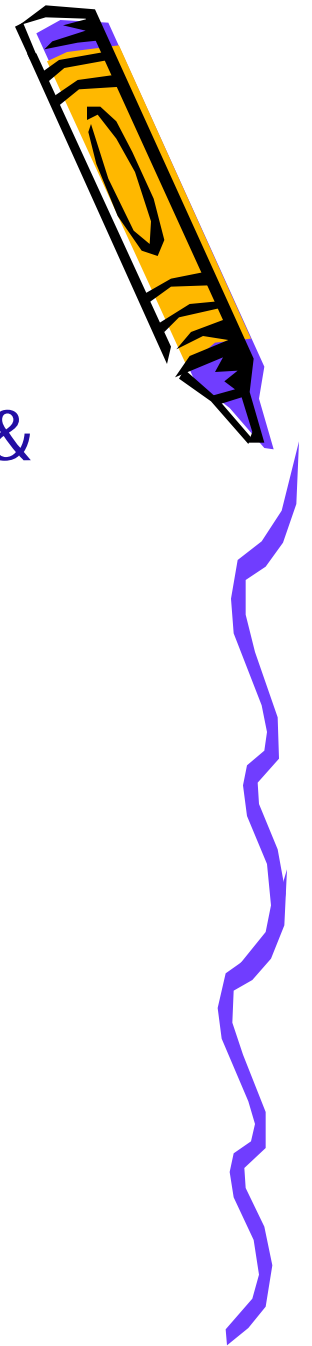
- **Small** - families





The Training ...

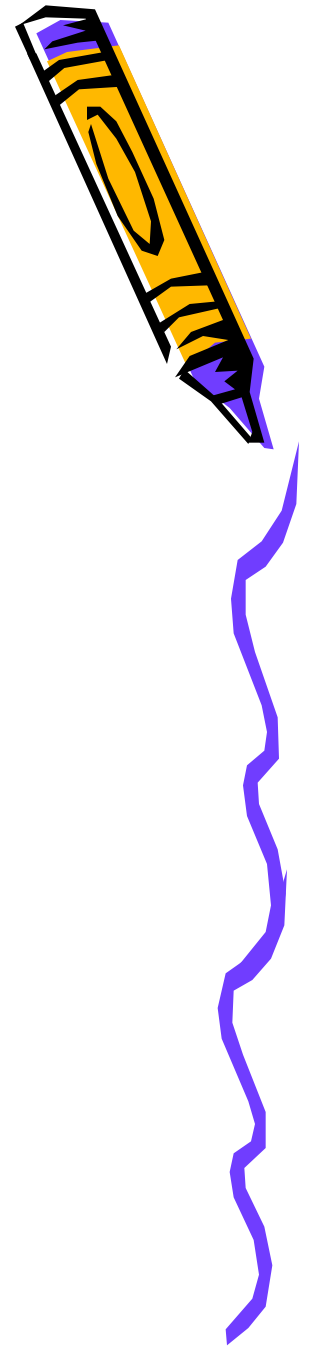
- Physical activity & development
 - Physical literacy
 - Motor skills
 - Daily
 - Quality
 - Tips
 - Lifestyle!!
- Healthy eating & nutrition
 - Health literacy
 - Dietary needs
 - Food groups
 - Myths
 - Tips
 - Lifestyle!!!!

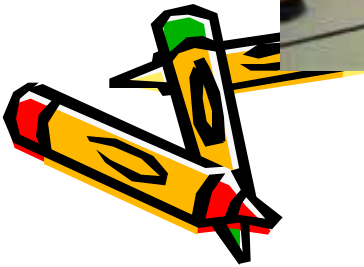
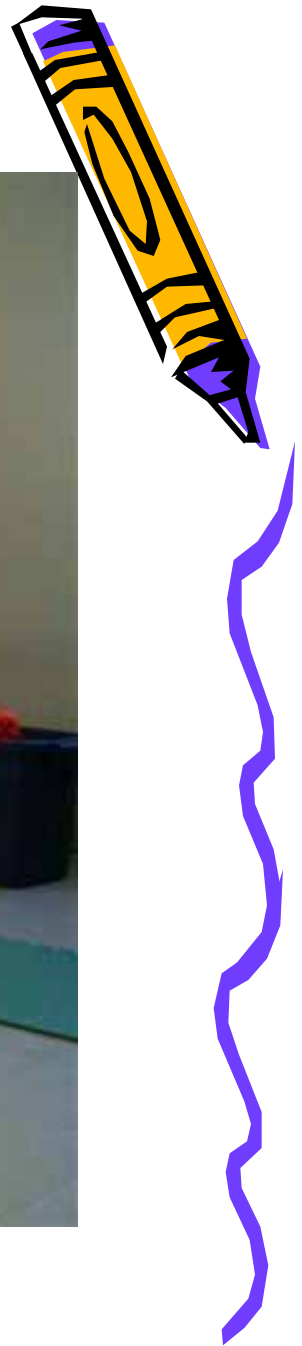




Varies...

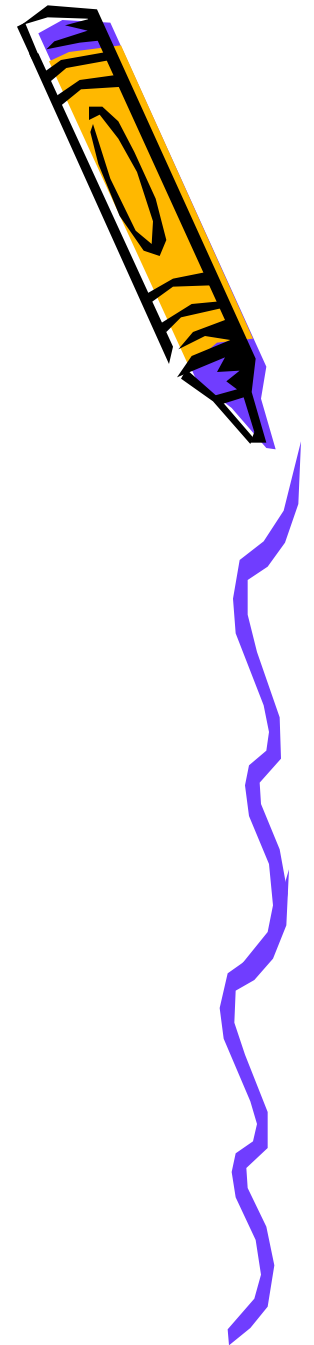
- Large Kit Workshop
 - Full day
- Medium Kit Workshop
 - Full day
- Small Kit Workshop
 - 2 ½ hour







Sign in because ...



Healthy eating

- Modeling



- Formal learning







*This certificate
is awarded
to signify
participation in the
Active Kids Toolkit
workshop.*

*Ce certificat
est remis pour la
participation
à l'atelier sur
la Trousse
pour Jeunes Actifs.*

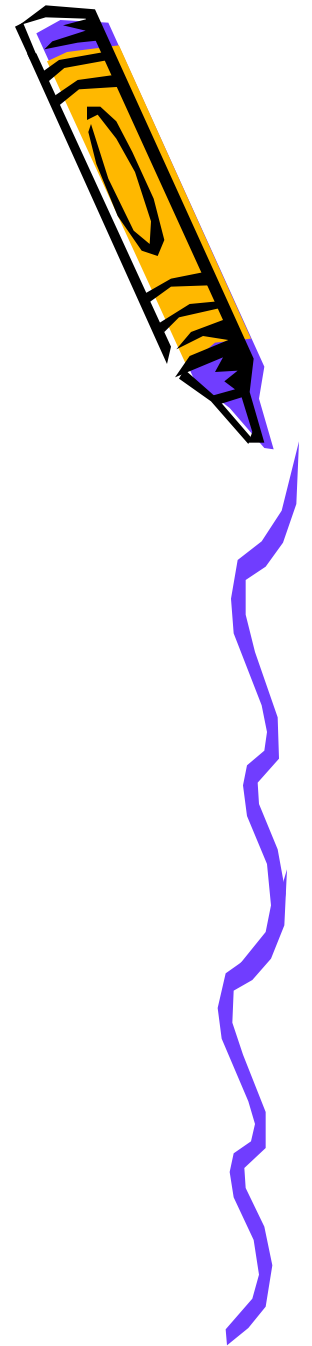
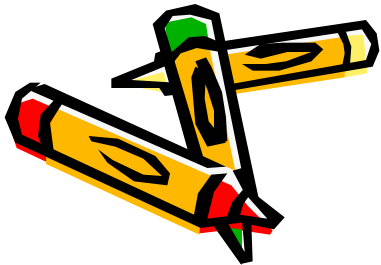
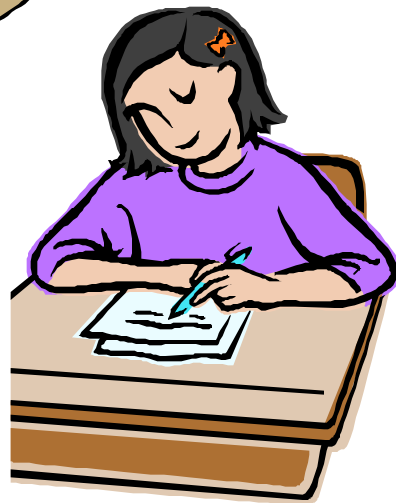
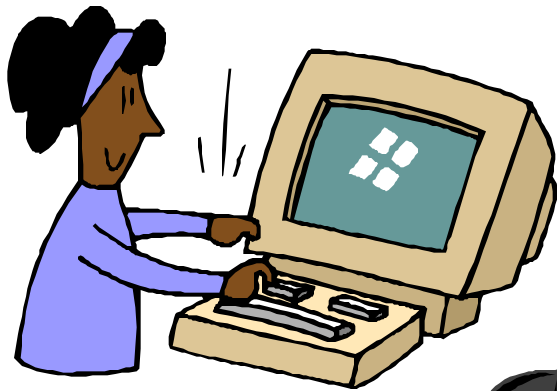
New Brunswick
Nouveau Brunswick

_____ year/année

© 2014

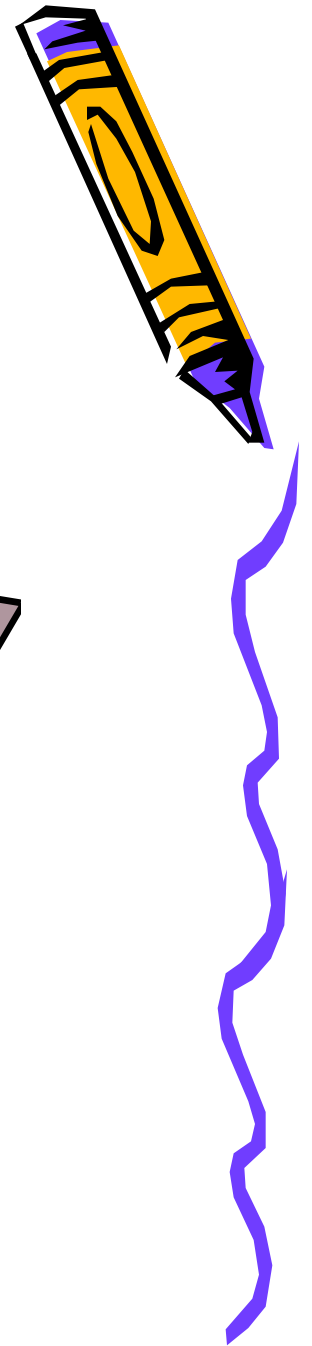
The evaluation...

- Comprehensive
- Ongoing
- Purposeful ...
collecting data,
using data!



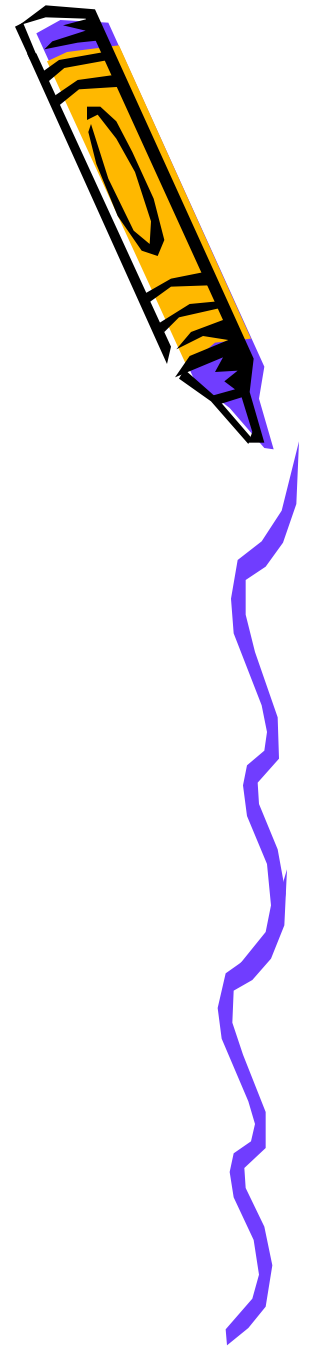
The newsletter...

- Monthly (email & mail)
- Tips
- Resources
- New ideas
- Healthy eating
- Quotes



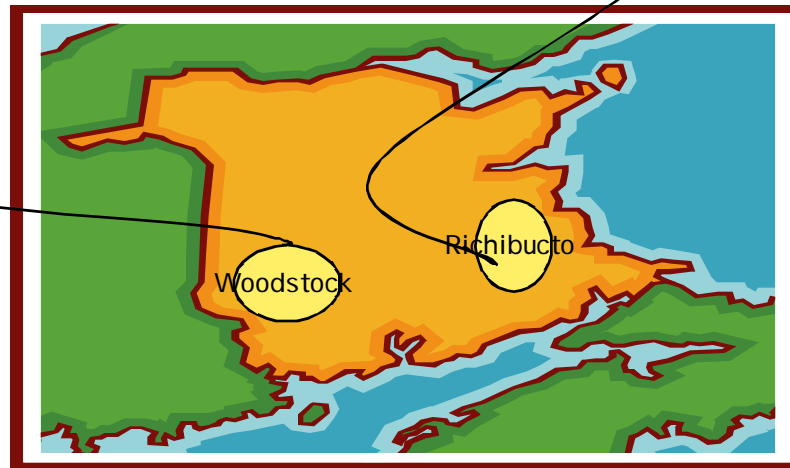
Implementation materials...

- Implementation binder / materials
- Partner binder
- Manuals – full training, parent facilitation training,
- Booklets – Parent
- Posters, certificates, newsletters etc.

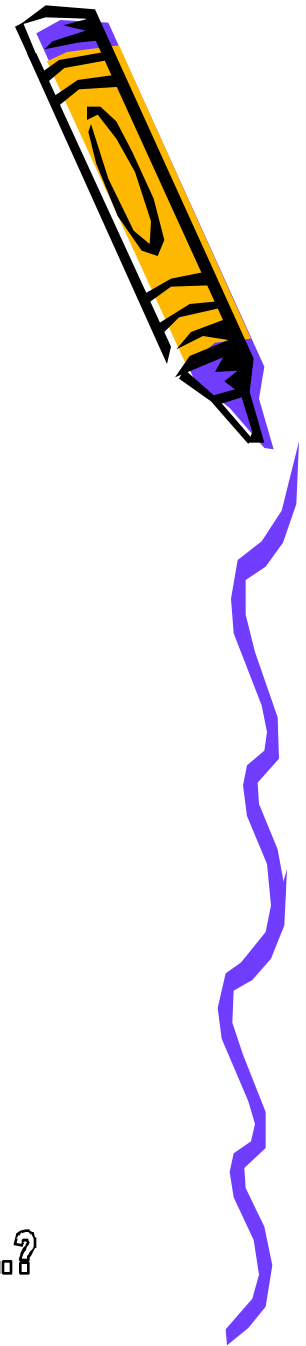


The past ...

- broadened to pilot regions
- Family Resource Centres
- Early Intervention workers
- NB Libraries and NBCC

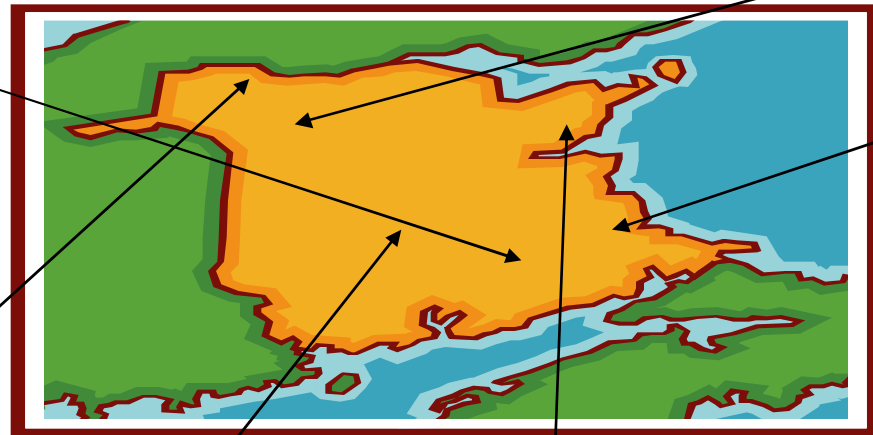


additional partners ...?

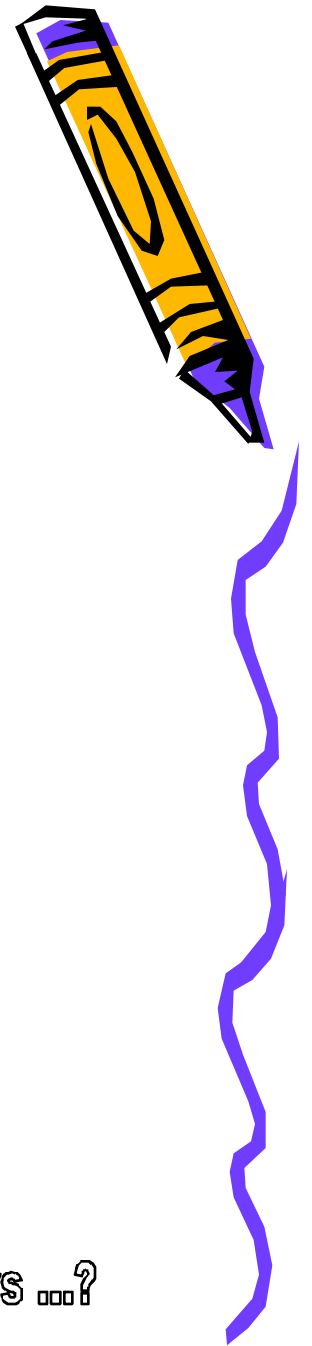
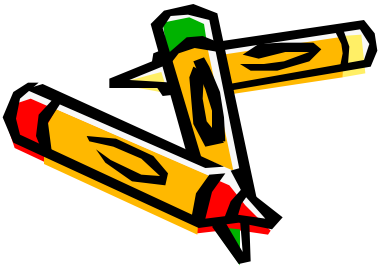


The present...

- Year 3 and beyond ...
 - Early Intervention workers training and resources
 - Libraries and Family Resource Centers
 - Daycare only workshops
 - Early childhood training centres etc.
 - Special Olympics Pee Wee program
 - Aboriginal communities
 - Sharing with other jurisdictions ...



additional partners ...?



thank you ...

A Partnership - Active Kids Toolkit
Initiated and managed by
Department of Wellness, Culture and Sport
and Foundations for All
506-453-3998
cindy.dickie@gnb.ca

