ONLINE WORKSHOP RESOURCES

HEALTHY EATING EVERYDAY!

Early learning environments such as preschools, early childhood education centres, family daycares and parent participation programs play a key role in helping children build healthy eating habits that can last a lifetime. The **Appetite to Play** Recommended Practices and resources have been developed to help you create a setting that promotes and supports healthy eating and healthy child development. These good practices will assist you whether you provide the food or it is brought from home.

Healthy Eating Recommended Practices

1. Offer a variety of foods from Canada's Food Guide for meals and snacks.
2. Make water available throughout the day.
3. Support infant feeding.
4. Support children to become good eaters.
5. Offer safe food and beverages.
6. Create a physical space that supports healthy eating.
7. Educate staff to model and promote healthy eating habits.
8. Communicate regularly with families and share information about food and healthy eating.
9. Develop policies for food and feeding.

Learn more here!

Healthy Eating Activities

During the virtual workshop we played:

- Who's Your Mama?
- Mystery Foods
- Bundles of Fun

Click the link to see how to play!

Appetite to Play Healthy Eating E-Learning Course

Appetite to Play offers a 1.5-hour Healthy Eating course where early years providers can build upon the skills and knowledge they learned from the in-person workshop at their own leisure. Learn more about how to create a positive food environment, how to engage and support families, and some more about cultural practices in various communities. The online module will count towards professional development credits for early childhood educators.

Click here to register for the Appetite to Play Healthy Eating course.

Caring About Food Safety E-Learning Course

Caring about food safety is a short, self-guided course about the safe preparation and handling of food. Offered at no cost by the Ministry of Health, it is designed to raise awareness about protecting public health by preventing the spread of food-borne illness. Caring About Food Safety is for anyone who buys, prepares, handles or serves food to family and friends, and people in workplaces that provide food to others. This might be a great refresher for those who serve food in their daycare centers.

Click here to get started on the Caring About Food Safety E-Learning course.

Division of Responsibility E-Learning Course

Interested in learning more about the Division of Responsibility? The Provincial Health Services Authority Learning Hub has a course called Healthy Eating in the Childcare Setting - Division of Responsibility Model which goes more in depth into some of the healthy eating concepts from Appetite to Play. The course has been designed by the Dietitians of Fraser Health to support child care providers in feeding children (0-6 years olds) using a best-practice approach. The course is free to take online once you register on the learning hub.

Click here to get started on the Division of Responsibility E-Learning Course

MOVING MORE EVERYDAY!

The Canadian 24- Hour Movement Guidelines for the Early Years recommends accumulating at least 180 minutes of daily physical activity. The average child spends seven hours a day in childcare which is about 2/3 of their waking hours. Caregivers play a key role in helping children build lifelong physical activity habits and are responsible for facilitating physical activity for the proportion of time children spend in childcare. The daily routine should include a variety of facilitated activities and free play.

Physical Activity Recommended Practices

1. Provide facilitated and unstructured physical activity and outdoor play every day.
2. Introduce fundamental movement skills into active play every day.
3. Create indoor and outdoor spaces that support a variety of physical activities.
4. Limit recreational screen time and prolonged sitting
5. Educate and empower staff to model and promote physical activity habits.
6. Communicate regularly with families and provide education about physical activity and physical literacy
7. Develop policies on physical activity, physical literacy and screen time.

Learn more here!

Physical Activities

During the virtual workshop we played:

- Growing Flower
- Catching Cups
- Can you? Or Animal Walk

Click the link to see how to play!

Appetite to Play Physical Literacy E-Learning Course

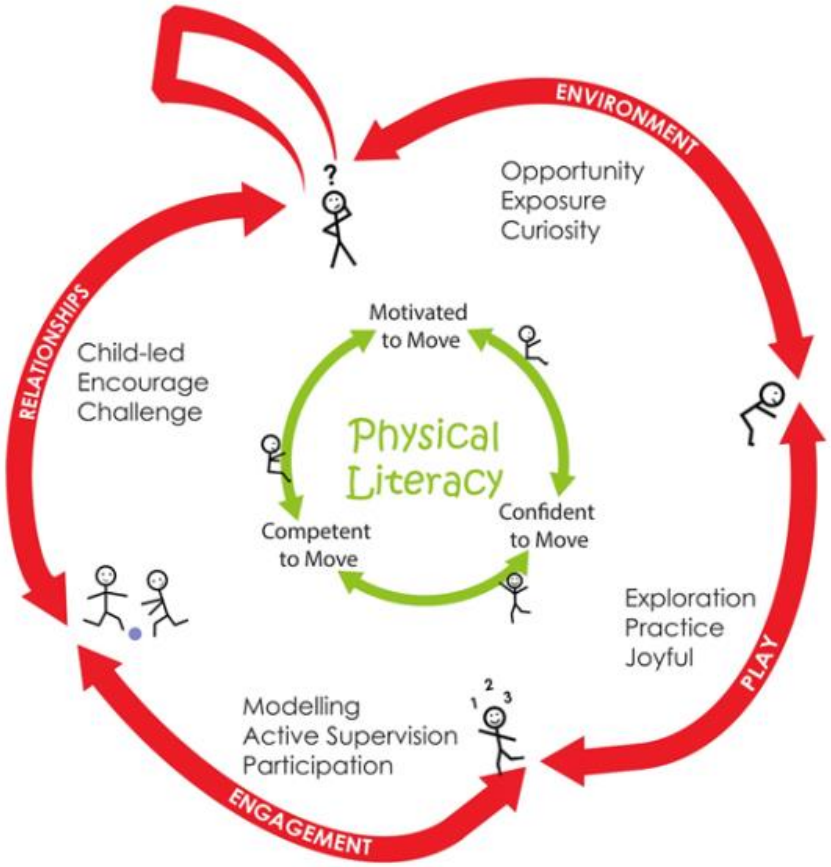
Appetite to Play offers a 1.5 hour Physical Literacy module where early years providers can build upon the skills and knowledge they learned from the in-person workshop at their own leisure. Learn more about the fundamental movement skills, being a positive role model, addressing inclusive practices,

and creating a positive environment for physical activity. The online module will count towards professional development credits for early childhood educators.

Click here to start the Appetite to Play Healthy Eating course.

APPLE Model

The APPLE (Active Play and Physical Literacy Every day) model shows how closely the concepts of physical literacy align with active play. The model illustrates how the influence of environmental stimulus and the decisions that early years providers make in terms of programming can have a profound effect on the child's ability to develop physical literacy.



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Canadian 24- Hour Movement Guidelines for the Early Years: Ages 0-4

As young children grow and develop they need to move, sleep and sit the right amounts each day to be healthy. Developed by the Canadian Society for Exercise Physiology, the Canadian 24-Hour Movement Guidelines for the Early Years outline the recommended balance of physical activity, high-quality sedentary behaviour and sufficient sleep for healthy growth and development. There are some excellent parent and educator resources (fact sheet, one pager, poster, and promotional video) that can be helpful for communicating the guidelines with your staff and parents at your centres.

HOW DO I SIGN UP FOR AN APPETITE TO PLAY WORKSHOP?

1) Email our Provincial Training Coordinator at atp@bcrpa.bc.ca and ask where workshops are happening across the province, and where you can sign up. Our Training Coordinator can also help you host a workshop in your community.

2) Find an Appetite to Play workshop on the BC Early Years Professional Development (EYPD) Portal at https://earlyyearsbc.ca/. Once you get to the website, search for Appetite to Play, and a list of workshops happening across the province will show up in your search results. Please note that only some of the Appetite to Play workshops are listed on the portal, so if you can't find one in your community, email us at atp@bcrpa.bc.ca and we can help you find a workshop or help organize a workshop in your community.