

## Be active! Have Fun!!

When it's cold outside, it's hard to encourage children to be as active as they are during the sunny summer months. Regardless of the weather, staying active is important!

Physical activity provides great benefits for children's health, social skills and learning skills. Being active helps them develop strong muscles, bones, hearts and lungs. For adults and children, physical activity increases flexibility and coordination, helps to maintain a healthy weight and healthy blood pressure and lowers stress levels.

Children who are physically active feel better about themselves, concentrate better, and get higher marks in school. Participating in sports or active games helps children to develop social, organizational, problem-solving, and language skills. Whether they play hockey or build a snow structure, physical activities help children learn to get along with others, follow the rules of a game and solve problems.

Staying active in winter can help prevent colds



and flu because activity boosts the immune system. Staying active also helps fight feelings of depression that are caused by the lack of sunlight on shorter winter days. This type of depression is that is known as Seasonal Affective Disorder (SAD).

### How much activity do children need?

The Public Health Agency of Canada recommends that children ages 5–11 should have at least one hour of “moderate to

vigorous-intensity physical activity” every day, but more activity is better. Canada does not have official guidelines for younger children (birth–5) but research shows that they should have at least 2 hours of activity every day.

For children of all ages, the total time spent on physical activity adds up over the day as part of free play, organized games or sports and walking (or crawling) from place to place.

### Physical Activity at Family Day

At Family Day we include physical activity in different parts of our program, both indoors and out. Staff are trained to use *Rainbow Fun*, a physical activity curriculum developed by Toronto Public Health to promote physical activity, healthy eating and self-esteem with children ages 3–6.

With older children, we use *Moving on the Spot*, another resource from Toronto Public Health. Each *Moving on the Spot* session includes warm-up, stretching, cardiovascular and muscle strengthening activities and cool-downs. These activities need very little equipment and can be done in just 5–10 minutes.

To meet the requirements of the Day Nurseries Act, we are required to plan a minimum of two active physical activities daily. These activities happen throughout the day, including outdoor time, large group time and music and movement time.

### What can You do at home?

It's important to find ways to make physical activity part of your child's day and to limit the time they spend watching television or playing on computers. Here are some ideas to try:

- Walk around the block or to the park. Make it fun. Try hopping, skipping, walking slowly or walking with giant steps

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and baby steps.

- Encourage your child to help shovel snow and carry groceries.
- Make sure your baby has lots of time out of their chairs and strollers to practice rolling, crawling, standing and walking.
- Be active in all kinds of weather. If it's hot, go outside early or later in the day. If it's cold, wear layers and play in the snow.
- In a parking lot, choose a spot farther from the door to add more time walking.
- Take stairs instead of elevators or escalators. Have contests to see who gets to the stop first.

### What if it's just too cold outside?

- Dance to your favourite music.
- Sing a song with actions and movements like jumping and stretching.
- Play indoor games like hide and seek, sponge ball catch or follow the leader.
- Borrow an exercise video from the library.

- Visit your local community centre. Sign up for swimming, yoga, dance or fitness.
- Walk laps at the mall.

Indoors or out, winter or summer, it's important to help your children be active. The most important thing you can do is be active yourself!

### For more information

*Physical Activity Tips for Children (5-11 years);* Public Health Agency of Canada. [www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php](http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php)

*Moving on the Spot;* Toronto Public Health. [www.toronto.ca/health/movingonthespot](http://www.toronto.ca/health/movingonthespot) Available in English, Chinese (Traditional), French, Spanish and Tamil

*What the research says about physical activity and the early years;* Best Start, 2011. [www.beststart.org/resources/physical\\_activity/pdf/Research\\_2011\\_Eng\\_Final.pdf](http://www.beststart.org/resources/physical_activity/pdf/Research_2011_Eng_Final.pdf)

## Summer Fun Camp Registration starts March 18

Snow may still be on the ground, but we've been working on summer – developing a summer program of fun, fitness, adventure and enriched activities for school age children.

Flyers will be available at all school age programs on Monday March 18. Registration is by mail, first come, first served.



Summer Fun at Boyd Park Day 2012

## Celebrating Years of Service at Family Day

Throughout January and February this year, Family Day staff in many locations celebrated and recognized staff members who achieved an employment milestone in 2010 and 2011.

- Thirty-four staff members were recognized for 5 years of service
- Fifteen staff were recognized for 10 years of service
- Twenty-eight staff were recognized for 15 years of service
- Eleven staff were recognized for 20 years of service
- One staff was recognized for 25 years of service

We're proud of all our staff, and value their contributions to making Family Day such a special place and for helping the agency to achieve its mission and vision.

# Message from Family Day's CEO

## Transformation and Change Continues in the Child Care and Early Learning Sector

Last spring, I shared with you the news that the Ontario government was committing \$242 million over the next three years to support child care. Since that announcement, the government has released a number of policy papers along with plans for the spending the promised funding.

The province's "Schools-First" memo demonstrates the government's commitment to stabilizing child care and to providing seamless care for families. The memo outlines a process and funding to convert school-based child care spaces to accommodate younger children (e.g. birth-3.8 years). This approach will help child care agencies like Family Day adjust to the movement of children into full day kindergarten and adds \$113 million over 3 years for retrofitting child care spaces. Before Christmas, new funding guidelines for childcare in Ontario were released which will have a major impact on simplifying reporting of child care funding.

In January, the province announced a new Ontario Early Years Policy Framework in response to feedback from child care partners and families. The framework sets out a new vision and plan of action to bring together a

range of resources related to Early Years and Family Supports under the responsibility of the Ministry of Education, Early Learning Division over the next few years. The goal of these policies and this funding is to ensure that the child care system is stable and provides services for younger and older children in school locations. The new vision means that schools will provide an easily accessible, single point of entry for other early years or family support services that families may need.

Family Day continues to provide a broad menu of services to support families in all the communities in which we provide service. We look forward to working with the many partners involved to implement the new Early Years Framework. One of the opportunities we have pursued in this time of change is to apply to operate a number of extended day kindergarten programs. These opportunities have expanded the agency's before and after school programs, particularly in the Region of Peel. Also, with the Schools-First policy, it is our hope to offer services for younger aged children in more communities.

Stay tuned for more news ....

## Around Family Day

Congratulations to our CN Tower Climb team. Seven staff, friends and family raised \$1550 for United Way by climbing the 1776 steps to the top of the CN Tower.

Family Day staff pledged \$15,500 to United Way during our annual campaign in November. Thank you to the 30 staff who volunteered as United Way Location Reps and led the location campaigns, and the United Way Committee for organizing the annual campaign.

2nd Annual

**Bowling  
for  
Family Day**



We're aiming to raise \$30,000 across the agency on Saturday April 27. Speak with your supervisor or coordinator for information on registering a team.

You can help - visit us on facebook  
**[www.facebook.com/BowlingForFamilyDay](http://www.facebook.com/BowlingForFamilyDay)**  
for info on teams and how to support your bowling team with a donation.

## Training at Family Day



Highlights of the 2013 training schedule for Family Day caregivers are:

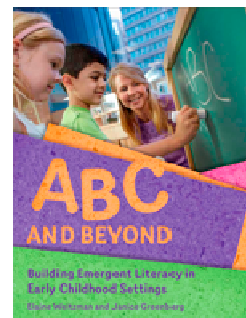
- Promoting your home business
- Programming - infant/toddlers/school age
- Menu planning
- Serious occurrence/Children's Aid Society
- Developing strong relationships with parents
- Children with special needs

The 2013 training calendar will be mailed out shortly to all caregivers.

### ABC and Beyond™

Lisa Shortall, Family Day's Program Consultant recently completed the Facilitator Training for The Hanen Centre's program **ABC and Beyond™**, becoming certified to train educators in this program.

**ABC and Beyond™** is an evidence-based program that teaches early childhood educators how to promote emergent literacy skills in children 3-5 yrs, and complements The Hanen Centre's **Learning Language and Loving It™** program which Family Day uses.



The next series of staff training which will incorporate **ABC and Beyond™** is now being developed and will be rolled out this spring.

### Going to Junior or Senior Kindergarten in September?

If your child will be attending Junior or Senior Kindergarten in September 2013, please let your centre supervisor or coordinator know what your plans for before and after school child care will be as soon as you know.

This will help Family Day plan for September.

## Being the Bridge: Building Language While You Wait

Family Day's Early Literacy Specialists for York Region Ontario Early Years recently partnered with York Region Preschool Speech and Language Program to present a 4-part series of webinars for parents of children (birth-30 months) who were waiting for Speech and Language assessment.

The recorded webinars and resources for parents are available on Family Day's website for all families - [www.familydaycare.com/bridge](http://www.familydaycare.com/bridge)

### Family Day Care Services

- licensed home child care
- child care centres
- school age programs
- resource programs
- Ontario Early Years Centres in Toronto East, York Region and the Region of Peel

155 Gordon Baker Road, Suite 400  
Toronto Ontario M2H 3N5  
416-922-9556



### Family Day Focus

**Writer:** Valerie McDonald  
**Production:** Grace Jewell  
**Contributors:** Joan Arruda,  
Diane Daley, Lisa Shortall