



Early Years Health Promotion Project

Sligo & Leitrim County Childcare Committees

Volume 1, Issue 1
April 2008

Early Years Health Promotion Project

The Early Years Health Promotion Project is a collaborative initiative between Sligo and Leitrim County Childcare Committees. The project is funded by the HSE, West. The overall aim of this project is to help establish a positive attitude towards a healthy and active lifestyle among children who attend Childcare Services in Sligo and Leitrim. An important objective within this aim is to implement the National Food and Nutrition Guidelines for Pre-School Services.



Gortletteragh Foodtasting Session

One of the ways in which the Project implements healthy eating is through introducing children to new foods and allowing them to experiment by touching, feeling and smelling different fruits and vegetables. Children and staff from Gortletteragh Community Playgroup made their very own savoury Towers with cheese, pineapple and grapes. The children were more adventurous when in a group setting so the food tasting sessions are very popular. Parents are informed of what children will be tasting and are encouraged to send in healthy options in lunchboxes as much as possible.



Odlums National Pancake Party

To celebrate pancake Tuesday the children and staff of Abbequarter Community Playgroup took part in The Odlums National Pancake Party. The Early Years Health Promotion Project worker with assistance from Charlotte and Patricia enjoyed making pancakes for the children with a variety of toppings, including fresh strawberries, maple syrup, pear, banana and apple with the most popular choice of chocolate spread. Parents donated money to support the National Children's Hospital, Tallaght. They raised an impressive 52 euro. A big thanks goes to all staff and parents who contributed to this fundraiser.



Aerobics with Children at Tiny Toppers

The pre school children and staff in Tiny Toppers took part in children's aerobics. The children and staff thoroughly enjoyed learning different moves and eventually a little routine to the song 'Reach for the stars'. This activity is excellent for developing spatial awareness and co-ordination. Shirley and Tracey described the session as 'stimulating, challenging yet easy to implement and great fun' they also commented on how the routines can remain easy for younger children or progress for the older children. This will be continued as an activity with the children on an ongoing basis.



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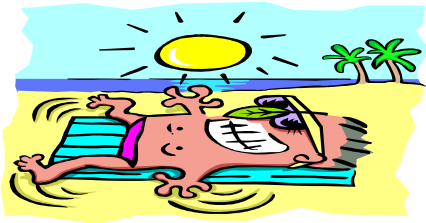
Cooking is FUN!!!

Involve children and improve their attitude to food

Get children involved in the preparation of food

Talk to your child about the ingredients.

Ensure they are safe while doing so



Summer Scheme Booklet

A summer scheme booklet has been designed for services that are running a summer scheme. The booklets provide services with information on incorporating healthy eating into their summer scheme. Sample shopping lists, recipes, tips for barbecuing and advice on food hygiene are included. There are also a variety of outdoor games and activities that could be included in any summer scheme. If you would like a copy of this booklet please contact Sheila Ryan at the above contact details.

Why Breakfast is so Important...

- Most important meal of the day.
- Good source of calcium & iron.
- Studies show that when breakfast is skipped people are 4.5 times more likely to be overweight.
- They tend to snack more & overcompensate for the lost calories by eating high energy foods.

Lunchbox ideas ...

- ✓ Wholegrain bread with cheese slices and tomato, 1 small banana, sugar free squash.
- ✓ Pitta pocket, ham, lettuce & cucumber, orange segments and milk.
- ✓ Cooked pasta with tuna, lettuce tomato, small carrot, yoghurt and drink.

FETAC 5 'Lifestyle Planning'

This module was devised in response to the recommendations of the National Food and Nutritional Guidelines for Preschool Services. It has been developed as a collaborative process involving parents, the HSE, preschool providers, County Childcare Committees and the Border Counties Childcare Network. It provides direction and clear guidelines for parents and carers to deliver a health promotion training programme addressing the needs of children attending preschools.



Pre-school Workbook

A pre school workbook has been designed for children aged 2-5 years. The aim of the workbook is to promote and encourage healthy eating to children in a fun way through different activities. The workbook consists of colouring pages, parent and child activities; mix 'n' match activities and much more. It also includes a song about the importance of hand washing and tips on personal hygiene when handling food.

This module was ran as a collaborative action with Sligo and Leitrim County Childcare Committees and has proved very popular. A total of 11 childcare workers are now qualified in this module, 8 in Sligo and 3 in Leitrim and are implementing it very successfully in both the preschool and after school setting.

This 30 hour module includes:

- | | |
|-------------------|-------------------|
| Health Promotion | Physical Activity |
| Oral Health | Healthy Eating |
| Injury Prevention | |

Expression of interest forms have been sent to all services in Sligo for this module. Closing date for return is 30th May 2008

Transforming Ireland



Funded by the Irish Government under the National Development Plan 2007-2013

