

Autumn 2011



NEWSLETTER

EARLY YEARS HEALTH PROMOTION PROJECT

Sligo & Leitrim County Childcare Committees

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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.

Gardening Workshops



Outdoor play is important for children of all ages and one way of incorporating this into a childcare service is through gardening. It also benefits children in relation to social interaction through teamwork and responsibility and to become more aware of the environment. It is also a good way to introduce healthy eating as the herbs and vegetables can be used in the service.

Four childcare services in Leitrim participated in gardening projects organised by the Early Years Health Promotion Project Worker. They were Cloone Playgroup, Gortletteragh Playgroup, Cara Iosa Childcare, Drumsna and Drumkeerin Playgroup. Steffi Otto facilitated the

workshops. Children got to screw the timber frames together for their herb box or square metre gardens. They all then filled their garden with soil and planted herbs, vegetables, flowers and plants. The children then carefully watered their new garden. Children had a great time participating in the workshop and spent 3 hours outside developing their new garden.



Tips for getting started for gardening:

- Look around garden centres for ideas and ask the staff for some advice.
- Check out the internet for some ideas or any specific queries you may have.
- Seed packets can give you the main information about how, when & where to sow certain varieties of herbs and vegetables.
- Have some special gardening tools for the children to use.

"Trial and error is the way many gardeners learn. Finding out what works and what doesn't is part of the fun of gardening" (Grow it, Eat it, 2010)

Certificate Presentation for Leitrim Services:

A presentation night was held for services that reached the Maintenance Stage of the Early Years Health Promotion Project. This means that the services have reached a very high standard of health promotion in their service. Five services in Leitrim have reached this stage on the project. They are Dowra Childcare, Breffni Childcare, Carrick on Shannon, Tiny Toppers Childcare, Manorhamilton, Kinlough Playgroup and Tullaghan Playgroup. The childcare services received a certificate on the night to display in their service. I would like to congratulate staff and children from all these services on their achievement.



Staff from Dowra Childcare, Breffni Childcare and Tiny Toppers Playgroup along with the Early Years Health Promotion Worker and the Manager of Leitrim County Childcare Committee



Children from Drumkeerin Playgroup with their new herb box!



Children from Cara Iosa Childcare with their new garden!

Breastfeeding: "Recent studies have shown that more than half of mothers in Ireland start breastfeeding, but many have stopped by the time their baby is six weeks old. The main reason cited for stopping breastfeeding was social influences, attitudes, cultural norms and experiences, as well as a lack of good information and skilled support.

In Ireland the majority of women who stop breastfeeding in the first six weeks do so because breastfeeding did not meet with their expectations. Attending a mother-to-mother support group such as La Leche League helps mothers to educate themselves on what is normal for a breastfeeding mother and baby. It provides up-to-date evidence based information as well as the social support from meeting like-minded mothers, experiencing similar joys and challenges.

If you have expectant or breastfeeding mothers attending your childcare facility, you can offer encouragement and recommend seeking support through one of the breastfeeding support groups in Sligo & Leitrim, including La Leche League. Further information can be obtained from www.lalecheleagueireland.com or www.breastfeeding.ie or ring Catherine on 91 12056."

Physical activity workshops in Leitrim:



Children from Tiny Hearts Crèche "Going on a Bear Hunt!"



Children from Tiny Hearts Crèche participating in parachute activities

The Early Years Health Promotion Project in Leitrim has begun working with the 2 – 3 year old rooms in full day care services to promote physical activity. As there is no structured physical activity programme for children of this age, the Early Years Health Promotion Project Worker adapted the Buntús Start and the Action Kids Programmes and runs workshops in the services for the children. Children of this age love "Follow the Leader" type activities. Doing the actions to different nursery rhymes or making movements like different animals is a great way to get children of this age physically active.

Tiny Hearts Crèche, Manorhamilton and Tots Haven, Dromod are participating this physical activity programme for this age group. They love to participate in all the activities and are especially fond of "Going on a Bear Hunt"! Staff in the service continue the games and activities with the children until the project worker returns for another support visit.

GROW IT EAT IT RESOURCE

The Royal Horticultural Society have a beautiful book out called 'Grow It Eat It' containing simple gardening projects and delicious recipes. This book is easy to follow and could be very informative to any service looking to involve children in gardening and cooking. If you would like to purchase this book at a cost of €5 contact Sheila on the above details or call into the offices of the Sligo County Childcare Committee



Quality Dining Experiences for Young Children 9th Nov Sligo Park Hotel 7.30-9.30pm

The Early Years setting is the ideal venue to introduce children to the social aspect of sharing mealtimes with others, while introducing healthy eating habits. The pre-school years are a great time to help children form positive attitudes towards food and to develop good eating habits, attitudes and lifestyles. Ongoing encouragement is necessary by all staff members. This presentation will highlight positive methods for childcare workers to implement, which can enhance snack time and mealtime for Young Children.



To book your place please contact Sheila on 071-91-48860 or email sheilaryan@sligochildcare.ie

Oral Health Sessions with 'Little Buddies'



Listening carefully about when to brush your teeth



This is the way we brush our teeth



Practicing how to brush teeth on Nasher!

Recipe for Apple Muffins

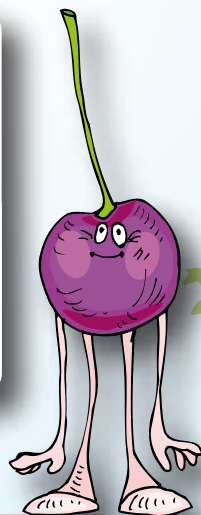
Muffins
Makes 12

Ingredients:

- 200g no added sugar Muesli
- 160g wholemeal self-raising flour
- 100g sugar
- 140g grated apple
- 90g sultanas
- 1 egg lightly beaten
- 80ml oil
- 250ml milk

Directions:

- 1 Place the muesli, sifted flour, apple, sultanas in a large bowl. In a separate bowl combine the egg, oil and milk.
- 2 Add the liquid ingredients to the dry ingredient and mix gently until just combined. Spoon the mixture into lightly greased muffin tins.
- 3 If ovens not available, allow the children to bring home the mixture, otherwise bake in the oven in a preheated oven -180oC for 30 mins until muffins are golden.



Christmas Baking Event

The annual Christmas Childrens Baking event will take place on the 7th Dec 2011. As places for this event fill up very quickly please keep checking our website www.sligochildcare.ie and check upcoming correspondence for more details. We are also on facebook so check us out.

