

Dear Parent(s)/Caregiver:

Do you want to keep your children active and healthy throughout their lives?

Do you want to learn more about physical literacy?

If you answered YES to these questions, then our Physical Literacy Parent Night is for you!

When:

Where:



Why: Physical Literacy is about enabling children to develop basic movement skills. These basic skills allow children to lead active, healthy lives over their lifespan. Forming these skills in the toddler and preschool years is important. Together with care providers, parents play a key role.

Who will present: Your child care providers.

What will be presented:

- the importance of physical literacy;
- what your child care centre is doing to promote physical literacy; and
- how YOU as a parent can promote physical literacy and health for YOUR child(ren).

We look forward to seeing you there!