



# Talking Points for Toddler/Preschool Parent's Night Presentation



**The following slides were created to help guide early childhood educators in presenting the concept of physical literacy to parents of children at their child care centres.**



# Hastings and Prince Edward Counties Challenge is on!

**Together we can make a  
difference.**

# The Problem



**Almost 30% of our children and youth are overweight or obese.**

- Childhood obesity can lead to health problems now and into the future.
- It is known that children attending child care prior to school entry are more likely to be overweight or obese when compared to children cared for by their parents.

(Geoffroy et al., 2012)

# Why is This Happening?



- Our children today are not active enough.
- Kids spend close to 8 hours per day watching TV\*, playing on the computer, texting – essentially being inactive.
  - That’s the equivalent of a full work day!
- Over-consumption of high-calorie food is a primary factor leading to an increase in unhealthy weights.
- Sleep time in our children has decreased by 30 to 60 minutes per day in the past decade.
  - Lack of optimal sleep increases the risk of overweight or obesity by 58%.

# The Solution: Ontario's Healthy Kids Community Challenge



- Goal: to support the wellbeing of children and create communities where it's easy for children to lead healthy lives.
  - First theme *"Run. Jump. Play. Every Day."*
- Members of the child care centre staff recently participated in a HKCC conference titled "Physical Literacy: Developing Skills for the Future" and would like to share information with our parents.
  - Together we can create a healthy environment in our community and get our children on a healthier track.



# What is Physical Literacy?



- *Ask parents what they think physical literacy is before sharing definition.*

*Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.*

(International Physical Literacy Association, May, 2014)

- Physical literacy is about developing the basic movement skills needed for children to lead active and healthy lives.

# Why is Physical Literacy Important?



- Again, ask parents first. The diagram on the following slide will give a visual you can show parents for these talking points.
- Children who are comfortable with:

**\*Hopping**

**\*Crawling**

**\*Running**

**\*Kicking**

**\*Throwing**

**\*Balancing**

are more likely to participate in physical activities.

- Fundamental movement development is a prerequisite for participation in more structured sporting activities.
- Children who are more active have more confidence in their movements, skills and are better able to move across environments.





If you  
can't



Catch  
Jump  
**Run**  
Swim  
Throw

You won't  
take part in



Soccer  
Basketball  
Volleyball  
Track and Field  
Squash  
Badminton  
Rugby  
Tennis



If you  
can't



Catch  
Jump  
**Throw**  
Swim  
Run

You won't  
take part in



Baseball  
Softball  
Bowling  
Soccer  
Goalball  
Football  
Rugby



If you  
can't



Throw  
Jump  
**Swim**  
Catch  
Run

You won't  
take part in



Swimming  
Diving  
Water Polo  
Scuba  
Kayaking  
Sailing  
Surfing

# What are the benefits of Physically Literate Children?

When children are as healthy as they can be, their:

- Physical and mental health improves;
- School attendance increases;
- Performance in school improves;
- Family health and wellbeing may improve;
- Self-confidence grows; and
- Community engagement increases.



# What is Your Child Care Centre Doing to Support Physical Literacy?



- Participating in the Healthy Kids Community Challenge conferences and events to increase staff knowledge and application of physical literacy principles.
- Having an active play-based approach to child care:
  - Allows curiosity to lead the child to want to explore their surroundings;
  - The child repeats the game or activity and then becomes a master of it;
  - In order to be active in play a child must get up and move around; and
  - Children become physically literate through active play.
- Add any other strategies your centre is using to support physical literacy.

# What Can Parents Do to Help Their Child Become Physically Literate?

- Go beyond being a positive role model and get down and play WITH your child.
  - Children are more physically active when the adults around them are too!
- Include songs, rhymes, actions and music.
- Ensure activities reflect your child's current skill level and encourage further development.
- Pick some activities from the resources provided and try them with your child.



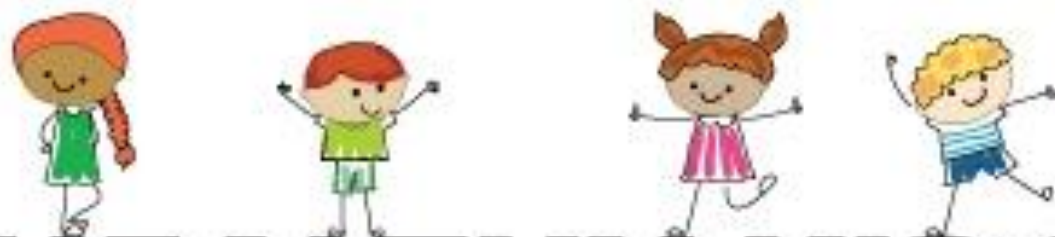
# Let's Try It!

- Choose one or two activities from the resources to do with the parents in attendance as a demonstration.
- Put out some items received in your Apple Kits to show parents how these items contribute to physical literacy.



**Thank you**

**QUESTIONS?**



# **HEALTHY KIDS**

**COMMUNITY CHALLENGE  
HASTINGS & PRINCE EDWARD**