



HEALTHY OPPORTUNITIES FOR PRESCHOOLERS UPDATE

Volume 1,
Issue 1

January
2007

We're Still HOPPING!

This newsletter will provide HOP Trainers, Childcare Providers and supporting agencies an update on the progress and changes made to the Healthy Opportunities for Preschoolers (HOP) manual and workshops. Over the past few years lots of new and exciting research has taken place as well as many great training workshops. Several HOP activities have been adopted into playtime in the home, childcare, and daycare settings. We wanted to connect with you and share some of this information. Read on to find out more about:

What's New

HOP Pilot Research in Family Childcare
HOP 2 IT
HOP Program for Teen Moms
Motion for Kids
HOPP—Action Schools! BC
Trainer Workshop Evaluation Results

Where to from here?

NEW— LEAP BC Initiatives:
* MOVE IT!
* HOP Family Resource
* HOP Childcare Resource
* WORDS

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What's New?

HOP PILOT STUDY

A HOP pilot study took place between May-August 2006. In total, 85 children, 13 childcare providers from Vancouver Island and 12 providers from the Kelowna area volunteered to participate. The goal of the study was to better understand the home child care environment and family childcare providers in their efforts to provide an environment that promotes children's health in 3-5 year olds.

Childcare providers completed a summary on their indoor and outdoor environments. Each child completed the Test of Gross Motor Development and their performance was scored against a criterion measure based on their age. Children were also

observed for 1 hour during outdoor play. Their movement was measured every 15 seconds to describe what physical activity looks like during outdoor play as well as how the physical environment is set up to support physical activity and motor development. All children wore an actical ("pedometer like device) around their waist that records frequency and intensity of movement. Findings will be available in Feb 2007. This project was funded by the Canadian Institutes of Health Research and in collaboration with the Vancouver Island Health Authority and the University of Victoria.

HOP 2 IT

The HOP 2 IT Project took place from July-November 2006. The purpose of this project was to create childcare environments that pre-dispose, enable and reinforce physical activity and movement skill development among aboriginal, low income and special needs preschool age children in the Saanich Peninsula area. Eight workshop facilitators from recreation/sport and social services staff were trained and delivered 4 successful workshops to over 20 childcare providers, early childhood educators, parents and program facilitators. A new HOP 2 IT Facilitator's Manual

Continued on page 2

HOP Program For Teen Moms

Teen moms will be invited to participate in focus groups and to be a part of the consulting team to design and pre-test a web-based application of the HOP resources. In the Spring of 2007, Drs. Joan Wharf-Higgins and Alison Preece from the University of Victoria will visit four high schools in the Victoria area with Teen Mom programs. The Moms will have an opportunity to share their needs, views and opinions and determine the type of information they seek about the health, growth and development of their baby. A web site with information will be developed as well as an opportunity for Teen Moms to network with each other.

What's New—continued

HOP 2 IT can't

and CD were produced to enhance the ability of trainers to deliver HOP training to childcare providers from a variety of contexts. Four local organizations, Beacon Community Services, Victoria Native Friendship Centre, Victoria Child Care Resources and Referral and Panorama Recreation, have committed to promoting, supporting and facilitating workshops to ensure the future sustainability of the HOP 2 IT project. Resource bins of equipment have been provided to each of these centers to assist with the activities.

On the right is the new logo designed for the HOP 2 IT Resource.



LEAP BC Initiatives—Literacy, Education, Activity and Play

LEAP BC is a new initiative for family and caregivers focusing on the importance of literacy, healthy eating, and physical activity. 2010 Legacies Now is taking the lead in developing resources, training, and support to help promote and increase physical activity, literacy and healthy eating in settings where children in their early years (0-5 years) learn and play. Funding for the projects is supported by the BC Ministry of Education, Ministry of Child and Family Development, Ministry of Health, and Ministry of Tourism, Sport and the Arts.

RESOURCES

MOVE IT! is a family resource manual for children ≤3 years. The resource promotes fundamental



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movement, literacy and healthy eating concepts.

HOP Family Resource manual provides information and activities on literacy, physical activity and healthy eating for parents/caregivers of children 3-5 years.

HOP Childcare Provider Resource is designed as a man-

ual to enhance knowledge, confidence and skills when working with children in the development of gross motor skills, active play opportunities, literacy and healthy eating. Training workshops will be conducted to certify new HOP Trainers.

All three manuals will be illustrated by Kristi Bridgeman. Sample pages from the new resource are shown on pages 4 & 5.

WORDS (Words Offer Rich Developmental Support)

WORDS is a set of resources focused on speech and language development for families and practitioners. The resource includes guidelines, materials, and activities to promote oral language development for children from birth to five years.

All of these resources will be available in the Fall of 2007. If you want to be involved go to page 6.

Motion for Kids

In January 2006, the Interior Health Authority began a pilot project in Group Daycare Centers for children aged 3-5 years in the Kelowna area called Motion for Kids. The goal of the project was to incorporate 30 minutes/day of physical activity into children's daily program using the HOP resource. All caregivers were trained by HOP trainers prior to the start of

the project. Twenty-six daycares and approximately 700 children were involved. Included in the project was information for parents on nutrition and healthy eating practices for their children. The results of the project indicated that 80% of the caregivers will continue to incorporate physical activity using the HOP resource into their daily programming. A significant positive

change in children's daily nutrition was noted by caregivers involved in the project. The project was expanded into Kamloops in September 2006 and included 9 daycare centres and approximately 250 children. The results of this part of the study have not been completed at this time.

HOPP

Healthy Opportunities for Preschoolers and Primary

HOP has been modified to HOPP for Action Schools! BC. All registered schools will receive a copy of the HOPP manual in their Kindergarten to Grade 3 Action Schools! BC Classroom Action

Resource Bins. The HOPP manual provides additional activity options for teachers to engage children in physical activity in the classroom, outside and/or during physical education

classes. For more information about Action Schools! BC, visit their website at www.actionschoolsbc.ca or email info@actionschoolsbc.ca.



HOP TRAINERS UPDATE

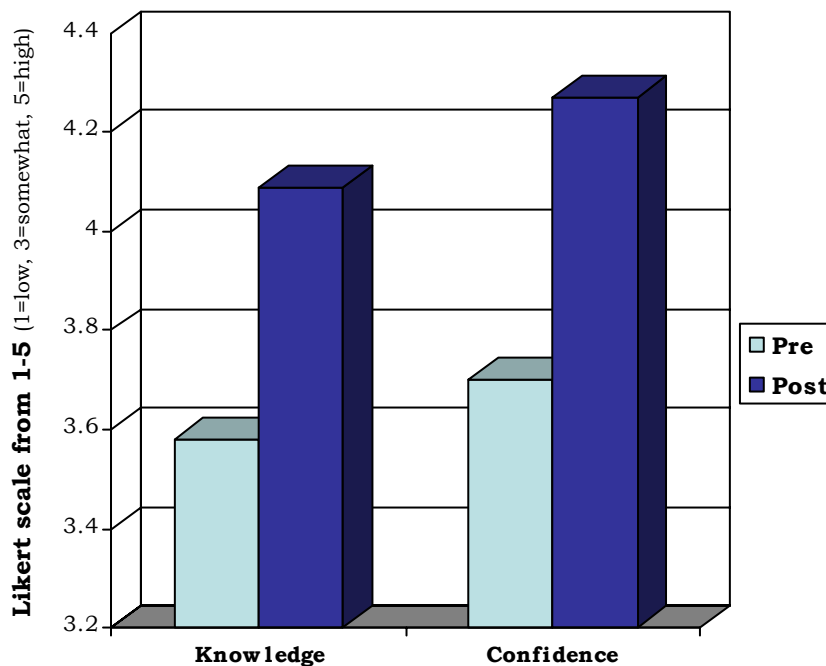
Train the Trainer Workshop Evaluation Results

In 2005, over 40 trainers across the province attended a 2 day workshop about physical activity for preschoolers. Components of the workshop were called Play Ball (manipulative skills) and Moving and Grooving (locomotor and dance). HOP trainers offered over 25 HOP Workshops to childcare providers across the province. Each participant received a HOP manual and CD as well as a powerpoint presentation about the importance of physical activity. To date, over 400 childcare providers have attended HOP workshops. Each participant completed a pre and post workshop questionnaire and follow-up telephone interviews were also conducted. The questionnaires asked the participants to rate their knowledge, list of skills, and their ability.

Article continued on page 6.

Figure 1. Change in careproviders' knowledge and confidence pre/post HOP workshop.

(n=289 participants)



STILT WALKING

Number of children:	1 or more
Physical activity links:	Developing balance, playing with your child
Language/literacy links:	Developing vocabulary: words like tight, taught, wobble, sway, add pretend
Equipment:	2 small cans/blocks per child, thin smooth rope
Where:	Indoors/outdoors
Time:	5 mins +
Let's make:	Stilts (see page 95 for directions)
Poetry prompts:	Skyscraper; The Yellow Giraffe

Try this

- ❖ With your child helping, make a pair of stilts. Make a pair for yourself.
- ❖ Show your child how to pull the rope tight to keep the cans in contact with his/her feet. Practice standing up straight when walking on the stilts.



Elephant

*Right foot, left foot, see me go
I am grey and big and slow
I come walking down the street
With my trunk and my four big feet*



add pretend...

Activity Sample from the new LEAP BC HOP Family Resource

Now try this way

- ❖ Encourage your child to:
 - Step sideways, walk in a circle.
 - Respond to poems while using their stilts.
For example:
 - ❖ Share the "Elephant" poem together, and then pretend to be an elephant and sway slowly, majestically.
 - ❖ Stretch tall like after sharing "The Yellow Giraffe".
 - ❖ Read "Skyscraper" then encourage your child to imagine what being tall would let him/her do.
- ❖ Add percussion: stilt-walk in time to the tapping of a stick, the beat of a drum, the rhythm of a song.
- ❖ Introduce number sequences: "step 2 paces forward; step 1 to the side".

Skyscraper

*Skyscraper, skyscraper
Scrape me some sky:
Tickle the sun
While the stars go by*

*Tickle the stars
While the sun's climbing high,
Then skyscraper, skyscraper,
Scrape me some sky*

-- Dennis Lee

The Yellow Giraffe

*The yellow giraffe is as tall as can be
His lunch is a bunch of leaves off a tree
He has a very long neck and his legs are long too
And he can run faster than his friends in the zoo*

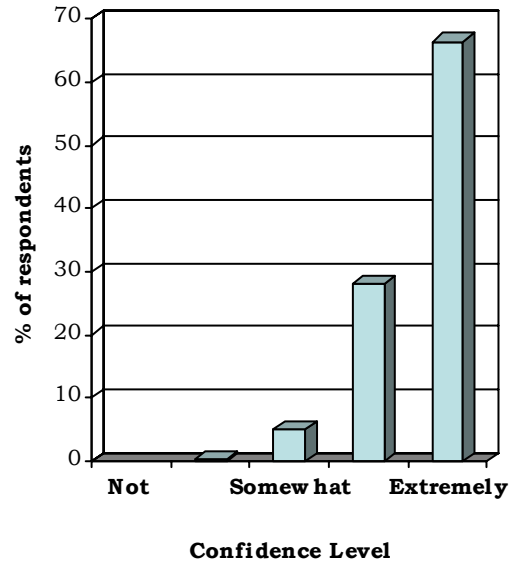
Stilt Walking ... 26

HOP Trainer Update con't

The results in Figure 1. (page 3), show there was a significant increase in both participant knowledge and confidence. In Figure 2, most participants also felt confident that they would use the HOP activities in the childcare setting.

Overall the HOP training increased the knowledge and understanding of the childcare providers regarding fundamental motor skills. There was great enthusiasm and interest in the manual and activity options.

Figure 2. Careprovider Confidence to Use HOP Activities in a Childcare Setting.



Be Part of our HOP Team — Contact us!

We will be having LEAP BC HOP training sessions from May through the Fall of 2007. The workshops will include new information on literacy, healthy eating (introducing the new edition of Food Flair for Childcare from the Ministry of Health) and new HOP activities. The workshops will be 2 1/2 days long and will be offered throughout most regions of the province.

We hope you will join or continue to be part of our HOP Team. If you are interested in participating in a workshop or would like any information about the new resources, email **Paula McFadyen at mcfadyen@telus.net** or **(250)853-3144**.