At the Beginning

For Caregivers, Parents and their Children age 0– 6

0- 6
Yrs

At the Beginning

For Caregivers and parents with their children age 0-6

Lesson 1 - A Healthy Balance

- Program introduction
- Influences on Health
- Energy Balance
- Steps to Take Toward Change
- Nurture Yourself

Lesson 2 – The Whys and Hows of Eating

- Food Associations
- Why do we eat
- Different kinds of hunger
- Mindful Eating
- Division of eating responsibility
- How, where and when we eat
- When we eat

Lesson 3 – Food & Nutrition

- Canada Food Guide recommendations
    - 4 food groups
    - Number of servings for different ages
    - Beverages and the role they play in our diet
- Shop smart tour(real or virtual)
- Label reading

Lesson 4 – Cooking Together (Optional Lesson)

- Participants choose what they want to cook together the week prior
- Strategies to ensure everyone has fun
- Provide cooking skills

** If no resources then potluck on the last night and handouts for how to cook together*

Lesson 5 – Physical Activity

- Attitude and changing perceptions about exercise vs. physical activity
- Modelling being active
- Ideas for easy, cheap, available ways of being active together
- Canada Activity Guide recommendations
- Canada Sedentary Guide recommendations
    - Influences of media

Lesson 6 – Relationships & Bringing it All Together

- Relationship to those around you – family traditions
- Relationship to your community – what resources are available to you
- Healthy active choices for life
- Include reiteration of key pieces to making a healthy family lifestyle

Lesson 1: A Healthy Balance

Lesson Overview
Lesson 1 welcomes participants and introduced the KYNACT program.
A Healthy Balance introduces influences on health, the concept of energy balance, and prepares caregivers to make changes with the children they care for.

Lesson Objectives
- Provide course overview and lesson plan
- Acknowledge what families are already doing to enhance their health
- brainstorm factors that influence health
- Introduce the concept of energy balance
- Emphasize building on family assets
- Provide a strategy to cope with stress

Lesson Activities
- Course Introduction (15 mins)
    - Leaning Outcomes Survey
- Introductions & Icebreaker (10 mins)
- Acknowledgement (10 mins)
- Influences on Health (20 mins)
    - Flip Chart Activity
- Finding the Balance (30 mins)
    - Small Group Discussion
    - Food and Activity Balance Collage
- Wiggle Break (5 mins)
- Building Up (25 mins)
    - Coping with Stress
- Wrap-Up (5 mins)

Materials Needed
- ☐ Flipchart
- ☐ Markers & Pens
- ☐ Magazines and pictures of food and physical activity
- ☐ Scissors
- ☐ Glue

Resources Needed
- ☐ PowerPoint presentation slides ready for use (optional)
- ☐ Learning Outcomes Survey
- ☐ Ice-Breaker question cards
- ☐ Energy Balance handout
- ☐ Energy Balance Seesaw handout
- ☐ Building Up handouts
- ☐ Nurture Yourself handouts

Welcome! (15 mins)

Display Presentation Slide #1

Facilitator introduces themselves and provides a facility orientation.

We are here today because we care about our children's health and well-being. The goal of this program is to empower you to reinforce the healthy actions your family is already taking, and to teach some new skills that can help those healthy behaviors last a lifetime.

We know that caring and raising children and youth is not easy and that your lives are busy. We truly appreciate the time that you and your family are committing to this course and, in the end to your health. This course is set up to meet you where you and your family are right now and help you take small steps toward being they healthiest you can be.

Before we go any further we would like to know how best to meet your needs. Let's take 5-10 mins and fill out the learning outcomes survey to let us know how you learned about the course, what your expectations are, what you hope to get out of this course.
Thank you. We will endeavor to meet your needs as best we can throughout the course.

In this course you are going to take a look inside the workings of your family and see how thing are running; your values, time, and habit and how they effect your family's health. You may discover a lot of things about your self and your family. You may have some feelings and emotions come up. Please know that this is a safe place and an open group and that we are interested in hearing what you have to say and how you are feeling and that we will not judge you, your feelings, or your choices.

Healthy choices, weight, food, physical activity, family dynamics, choices, body image, the media, eating, health, money, time, stress – these pieces are all very closely connected but we are going to try to tease out individual pieces to talk about and learn about and to build skills around. This program endeavors to provide you with some tools for your toolbox. You will be able to choose which tools you want to try in order to make some adjustments. Then we hope that you and your family will try out the changes

and see how they feels. Some adjustments may make an immediate difference; some may take time together to work out the kinks.

Remember that regular check-ins are necessary to keep up the health of your family. This means that even though this course is going to end you will need to refresh some ideas and practice some skills in order to really reap the benefits of what you are going to learn.

`Display Presentation Slide #2`
Here is the course outline that shows what we are going to be going learning and doing in the next 6 weeks.

`Display Presentation Slide #3`

And here's what we'll be talking about in this week's lesson

Without further ado, lets get to know one another!

Activity: Introductions & Ice Breaker (10 mins)

Please introduce yourself and the age of children you care for. Then with the group around you answer the ice breaker questions listed on each of your tables.

Ice Breaker Questions

1. If you make a sandwich for yourself, how would you cut it in half?
2. When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?
3. How do you eat an Oreo cookie?
4. Which seat do you prefer on the plane? Window, middle, or aisle?
5. In the evening, what do you do first – floss or brush?
6. If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?
7. When you walk up stairs do you first step with your left foot or your right?
8. What is your favourite season?

Group Discussion: Acknowledgement *(10 mins)*

We know that you care about the health of the children that you care for. There are lots of things that you are already doing to enhance the health of the children in your care.

Would anyone like to share some of the strategies they have used to try to improve the health of the children they care for?

Way to go! Raising children and youth is not always easy. It's important to recognize, acknowledge, and reward yourselves for the positive steps you are already taking.

Influences on Health (20 minutes)

Note to the Facilitator
We begin with an impersonal topic to engage individuals and create a safe environment to share ideas as well as increase awareness about factors that can affect child and youth health.

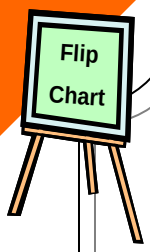
Children are constantly growing, learning, and changing. There are numerous factors that go into how children grow and develop physically.

You are the experts on your family and the children you care for. YOU ARE! But, I know that sometimes it might not feel that way.

Families today live in a rapidly changing technological world. It seems that our world too is changing faster now than it ever has before. Today there are so many messages and influences on families in children.

Over the last few decades' rates of overweight and obesity have increased dramatically and it is being said that our children may be the first generation to have a lower life expectancy than their parents.

Let's take a critical look at what is influencing the health of our children.



Flip Chart Activity: Influences on Health

Display Presentation Slide #4

What influences the health of children and youth today? Prompt: What has changed from when you were growing up?

Guide the discussion so the group identifies most of the influences below.

- No family dinner
  Everyone is busy and has a different schedule, so eating together can be complicated
- Lots of fast food
  We have many unhealthy options available. Food is so convenient; you could eat for an entire day without ever getting out of your car.
- Too much time in front of the tv
  30% of children under 3 have a TV in their bedroom, this statistic increases to nearly 50% of children aged 8-15.[1] 59% of children under the age of 2 spend two or more hours watching TV per day. Kids ages six to eleven spend more than 28 hours per week in front of a television screen.[2]
- They are always sitting in front of a screen
  Sedentary behaviors always available - TV, video games, computers, cell phones Children have an abundance of screens in which to sit in front; TVs, computer, hand-held video games, and cell phones all beg kids to be sedentary.
- It’s not safe to play outside
  Many families indicate that safety concerns are a barrier to allowing outdoor play. Kids used to walk to and from school. There used to be more unstructured free play opportunities for children in neighborhoods. Compared to the 1970s, children now spend 50% less time in unstructured outdoor activities.
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[1] Screensmart.ca
[2] www.cbc.ca “how much time do the children in your family spend watching tv?

- Both caregivers/parents in the workforce
  Cost of living has increased making it necessary for both caregivers to work. When you’re busy working day there is little time or energy at the end of the day to cook a meal or play together
- Images in the media influence body image
  Using illusions of happiness and popularity and wealth to sell products is not new, but the rate of these messages has increased. Research suggests that the medias’ portrayals of body shapes affect body satisfaction in youth and children.
- Portion sizes are bigger
  Our food portion has been getting larger and larger. Studies have shown that the portion size of food cues how much we eat. The numbers of fast food restaurants have more than doubled since the 1970s.
- No free play time/Children engaged in many structured activities
- Children have less opportunity for daily physical activity and active play time and there is more pressure put on children

It would take to much time to speak to all the examples below in one workshop. Pick and choose the comments and statistics that you feel would add to the ideas suggested by the participants.

We can see that there are a lot of influences that can affect our children’s health.

Some of these changes that we have seen occur over the past 30 years have placed our children at risk for serious health conditions, such as early onset of type 2 diabetes, heart disease and high blood pressure; as well as being overweight and having disordered eating.

This list is a list of barriers to healthy growth and development of our children. In the weeks following we’re going to try to give you some tools to help you overcome some of these barriers

Find the Balance - Energy Balance (30 mins)

Display Presentation Slide #5

So, what do a tight-rope walker, a seesaw and parents and caregivers all need?
The answer is Balance!
A lot of families today are looking for balance in the lives. One of the things that we can learn to balance is energy.

Q: Has anyone ever heard the term "energy balance"?

Balancing the energy that you take in and the energy that you burn is important in maintaining a healthy weight.

Imagine a seesaw. The calories that your body takes in from food and drinks are the Energy In part of the equation. On the other side of the seesaw are the calories that you burn called Energy Out.

When we maintain our energy balance over time, it can contribute to our health in numerous ways. Human beings need energy to survive - to breathe, move, pump blood, and think - and we get this energy from calories in foods and beverages. When a food or beverage is said to contain 100 calories that is a way of describing how much energy our body gets from eating or drinking it. The number of calories we need each day depends on many things: our gender, height, weight, age, and activity level.

For children the focus should be about having enough energy to do all the things they want to do and to grow up strong and healthy.

It's important that you know that energy in and energy out don't have to balance exactly every day, but the goal should be to maintain balance over time. Energy balance in children occurs when the amount of energy in and energy out supports normal growth and development without promoting excess weight gain.

Let me tell you that it is common to underestimate the number of calories in and to overestimate the number of calories out due to physical activity. Here are a few examples of common "extra" foods and the activity needed to burn off those "extra "calories.

Small Group Discussion - Energy Balance Handout

Note: Provide Energy Balance Handout
Ask participants to get together into a small group and go over the Energy Balance handout.
Review the answers to the questions.
Ask the participants what they learned and if there were there any surprises?

Bring children and caregivers together to complete the energy balance activity below and the wiggle break.

Activity - Food & Activity Balance Collage

Note: Provide the seesaw activity sheet to participants
Provide catalogues and pictures of food from the four food groups and a variety of people doing physical activity for children and caregivers to cut out. Ask children and caregivers to choose pictures of their favourite foods and paste them on one side of the seesaw sheet Ask children and caregivers to choose pictures of their favourite physical activities and paste them on the other side of the seesaw sheet.

Wiggle Break (5-10 mins)

OK, everyone, now that our craft is complete we're gonna get our wiggles out before we go back to our spaces. Everyone needs a little bit of room, just so you don't bump into the person next to you.

Complete the exercise with the participants

Everyone crouch down into a little ball, put your hands on your toes and your head down. You are a little seed.
Now you're going to start to grow.
Start spreading up and spreading out. Up, up, up we go. We're growing, and growing, and growing. Now reach WAY up with our fingers as high as we can and stand on our tiptoes. Now what are we? A big tree waving in the wind – wave your arms. Excellent! Now as we go back to our space show me if trees could walk, how would they walk back to their space? Great!

Building Up! (25 mins)

Note: Provide the Building Up handout

We know it can be tough, and that care providers and parents work hard at keeping many balls up in the air at once.

We acknowledge that sometimes there are just THOSE days and that you are doing what you can. As we said before this course is meant to encourage you to "connect" to the next step on your path to health. It's about building up on what is going well.

The Building Up handout gives some topics and suggestions about things to think about when you plan to make some changes in your life. If you try to follow some of these suggestions you will have a much greater chance of success.

Display Presentation Slide #6

1. Modeling Healthy Behaviours

One of the main tools that every parents and care provider has at their disposal all the time every day is modeling. Not modeling clay – it doesn't always work as an effective tool – but modeling healthy choices and behaviors.

Modeling is a key theme in the course and modeling is something that we're going to ask the parents and care providers to become more aware of what they are modeling.

Children/youth mimic what you do much better than they do what you say – this means that being a good role model goes a long way. If you eat well and move more, your children will very likely follow.
There may be some things that are tough for you to model so brainstorm new ways to overcome the barriers, because the benefits will not only affect your own health, but also the health of those around you.

2. Make Healthy Decisions Together

It is often easier to stick to a plan that everyone has agreed on. Expanding children control over decisions is an ideal way of teaching them decision-making skills and gets them to choose healthy habits..

Talk to each other about making smart food and physical activity choices. It will be easier if everyone can help support each other to be healthier.

Making decisions together is an excellent tool for relationship-building. Examples:

1. *Every weekend have the children and youth in your family pick one physical activity for the whole family to do.*
2. *Have your child come with you to the grocery store to pick up some healthy foods he or she would like to try*
3. *You may ask them what they want to do rather than tell them what they should be doing*

3. Take Small Steps

Gradually introduce healthier options into your children's lives. Too drastic a change may upset your family.

Examples:

- *If your family normally drinks whole milk, try buying 2% low-fat milk and see if they notice a difference. After a few weeks, you may wish to try reducing the fat content gain to 1% reduced-fat milk.*
- *If you would like to have an after-dinner family walk try walking for 20 mins twice a week and gradually increase the time or number of days your family walks together.*
- *If your child/youth eats white bread, try substituting one piece of bread on a sandwich for whole wheat.*

4. Emphasize Benefits Their Way

There are many benefits to making healthy choices, and some may be of more important to some people.
Children may not care that they are reducing their risk of heart disease later in life. What may mean a great deal to them is growing tall and strong, being good at sports, or being attractive.
Make connections between their choices and benefits that are meaningful to them.

Use words children can relate to like,

- *"grow strong activity"*
- *"keep-you-from-getting-sick foods"*
- *"relax-you activity"*
- *"beautiful hair foods"*

This sure gives new meaning to "fast foods."

5. Nurture Yourself

We live in a society which places a lot of pressures on our families. We know that pressures can build up which leads to stress. Stress has become a daily expectation in our lives. Eliminating the unnecessary stresses is ideal. But we all know that stressful things happen and we need to be able to cope in healthy ways.

Stress can be both a barrier and a motivator to take steps toward being healthier. If families are already under a lot of pressure then new changes may increase stress levels. Having a plan in place to deal with stress will give you the comfort and confidence to be able to try that new change.

Activity – Coping with Stress

Close your eyes and imagine a stressful day.

Now on a slip of paper write down all the ways that your might comfort yourself.

Display Presentation Slide #7

(After giving the group 30-60 seconds, say...)

Stop! Lets review our lists. If you have any items that involve food or eating please put a line through them. If you have any items that cost more than $5 please circle them If you have any items that involve doing something physical please put a star next to them.

The reason why I asked you to cross off food and drink items is that sometimes we end up nourishing ourselves when what we really need to do is nurture ourselves.
The items you circled are the items that cost more than $5 are those that not everyone can do all the time. You may want to save these for a special occasion.
The starred items, those that have a physical activity component will give you the biggest bang for your buck. Physical activity is naturally stress-reducing because of the chemicals your body releases when it is moving.

It's important that we nurture ourselves and model healthy ways of coping with stress.

Many of us rely on eating, spending money, crashing in front of the TV, or using substances, such as cigarettes and alcohol that might make us feel better in the short-term, but not the long-term.

Caregivers often put others first and neglect their own needs. The trick is to discover simple, pleasurable and healthy activities that can help comfort and recharge you.

Would anyone like to share their ideas with us?

Note: Provide the Nurture Yourself sheet

Here a list of activities that can be done with little money or preparation. Nurturing activities need to be quick and easy.

For this strategy to be effective you must practice nurturing yourself – expect that it may feel awkward at first. Schedule a bit of time at least two times a week to nurture yourself in some way. A good way to keep this appointment with yourself is to write it on your calendar or schedule it into your day planner.

Next week we will start our discussion off with a check-in to see if you were able to nurture yourself, what you did, and how it felt.

Relax & Wrap-Up (5 mins)

Belly breathing is a very easy activity to lower your stress and focus your mind. You can do this standing up or sitting. First we are going to Sit up straight, imagining a string lifting up your chest. Place one hand flat against the abdomen. Your thumb should be around your navel. Breathe in through at an even rate. Allow your abdomen to expand, rather than your upper chest. You should feel the hand on your abdomen being pushed away from your body as your abdomen rises. Do this 5-6 times. Closing your eyes and relaxing your body and doing a few belly breathes can make a difference in your day.

Thank everyone for coming and wish them a healthful week ahead.

Activity Ideas for Children

Books

The World According to Elmo: A Story of Health and Safety Tips/Featuring Jim Henson's Sesame Street Muppets [Hardcover], Liza Alexander (Author), Joe Ewers (Illustrator)
Affirmation Weaver: A Believe in Yourself Story, Designed to Help Children Boost Self-esteem While Decreasing Stress and Anxiety. [Hardcover], Lori Lite (Author)
I Can Do It! (Sesame Street) [Paperback], Sarah Albee (Author), Larry Di Fiore (Illustrator)
All About Me Big Book [Paperback], Debbie Mackinnon (Author)

Songs

Twist and Turn (to the tune of "I'm a Little Teapot")
Show the children how to do the actions and then sing and do the actions together

I'm a little toddler, short and neat
Here are my hands and here are my feet; shake hands, then touch feet
When I get excited watch me turn (turn around in a circle)
This is how I move and learn.

I'm a little toddler, moving all around, (walk around)
I can twist my body right to the ground; (make fists with hands, then twist arms & hibs while bending low)
When I get excited help me out
I want to learn to move and hsot! (run around and hsot "wooo hoooo!")
(From Move with Me from Birth to Three)

Just Watch
Excellent for getting the wiggles out in between stories

Watch how high I'm jumping,
Whatch how far I hop
Watch how long I'm skipping,
Watch how fast I stop!
(Myra Cohn Livingston)
Walk On

Play follow-the-leader while you chant and the children follow your actions around the room.

Marching, marching, stomp your feet (march with high knees and heavy feet)
Swing your ams right to the beat; (swing arms)
Tippy-toe, tippy-toe, light as air, (light and fast on tippy toes
Don’t wake the baby sleeping upstairs (put index finger over mouth to show being quiet)

Learning Outcomes Survey

Please answer the questions below so that we can best meet your needs!

What interested you in taking this program?

What do you want to learn in this program?

If you make a sandwich for yourself, how would you cut it in half?

When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?

How do you eat an Oreo cookie?

Which seat do you prefer on the plane, window, middle, or aisle?

In the evening, what do you do first – floss or brush?

If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?

When you walk up stairs do you first step with your left foot or your right foot?

What is your favourite season?

Energy Balance Handout

Circle the activity you would need to do to balance the energy from the food on the left.

Blueberry Muffin
426 Calories

Talking on the phone (standing)

Canoeing

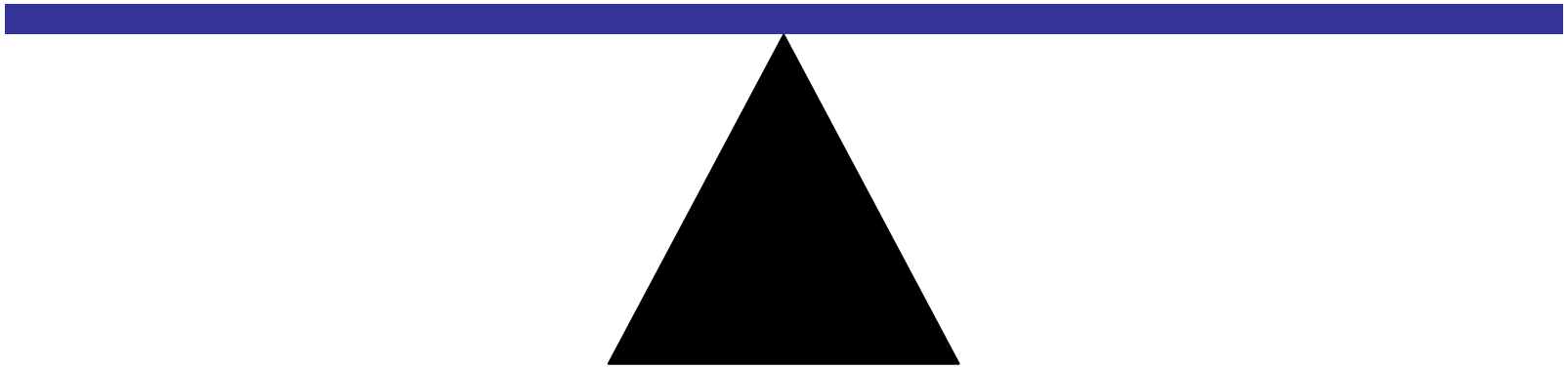
Playing in the Pool

Energy Balance See-Saw

Handout #4

Glue Pictures of
Food You Like
Here

Glue Pictures of
Activities You Like
Here



Building Up! Handout #5

1. Modeling Healthy Behaviours

Children and youth mimic what you do much better than they do what you say – this means that being a good role model goes a long way. If you eat well and move more, your children will very likely follow.
Examples:

_____
_____
_____

2. Make Healthy Decisions Together

It is often easier to stick to a plan that everyone has agreed on. Talk to each other about making smart food and physical activity choices. It will be easier if everyone can help support each other to be healthier.

Examples:

4. *Every weekend have the children and youth in your family pick one physical activity for the whole family to do.*
5. *Have your child come with you to the grocery store to pick up some healthy foods he or she would like to try*

_____
_____
_____

3. Take Small Steps

Gradually introduce healthier options into your children's lives. Too drastic a change may upset your family.

Examples:

- *If you would like to have an after-dinner family walk try walking for 20 mins twice a week and gradually increase the time or number of days*
- *If your child/youth eats white bread, try substituting one piece of bread on a sandwich for whole wheat.*

_____
_____
_____

4. Emphasize Benefits Their Way

There are many benefits to making healthy choices, and some may be of more i children than other. Make connections between their choices and benefits that them.

Use words children can relate to like,

- *"grow strong activity"*
- *"keep-you-from-getting-sick foods"*
- *"relax-you activity"*
- *"beautiful hair foods"*

This sure gives new meaning to "fast foods."

_____

_____

_____

5. Nurture Yourself

We live in a society which places a lot of pressures on our families. Stress can be both a barrier and a motivator to take steps toward being healthier. If families are already under a lot of pressure then new changes may increase stress levels. Having a plan in place to deal with stress will give you the comfort and confidence to be able to try that new change.

_____

_____

_____

Ways to Nurture Yourself –

Remember – nurturing, comforting, and rewarding yourself without food may feel awkward at first, but with practice it will feel more comfortable.

- Buy yourself flowers
- Take a bubble bath
- Massage your feet with scented lotion
- Curl up with a good book
- Download a new song
- Go window shopping
- Have a tea party with a child
- Put your feet up, close your eyes and relax
- Look through show homes
- Have a candlelit dinner at home
- Give yourself a facial
- Give your pet a hug
- Browse in a bookstore
- Do some star gazing
- Send yourself a card
- Phone a dear friend
- Take the phone off the hook
- Go to bed an hour earlier
- Warm up next to a fire
- Wander through an art gallery
- Lie on the grass and watch the clouds
- Walk in the park
- Visit a greenhouse
- Blow bubbles
- Colour or sketch
- Head to the driving range
- Go for a drive with your music turned up
- Book a massage
- Go to the store and read greeting cards
- Go fishing
- Put on your pj's and drink tea
- Rent a movie
- Have a pedicure
- Watch any show that makes you laugh

Other ideas:

_____

_____

_____

How I will nurture myself in the next week:

_____

_____

_____

_____

Presentation Slides

Welcome!

At the Beginning
Course Outline

- Lesson 1 – A Healthy Balance
- Lesson 2 – The Why's and How's of Eating
- Lesson 3 – Food & Nutrition
- Lesson 4 – Cooking Together
- Lesson 5 – Physical Activity
- Lesson 6 – Relationships & Bringing It All Together

Today's lesson

- Introductions
- Influences on Health
- Finding the Balance
- Wiggle break
- Building Up
- Coping with Stress
- Wrap-up

What influences the health of children and youth today?

Energy Balance

What do a tight-rope walker, a see-saw and parents and caregivers all need?

Balance!

Building Up!

- Modeling Healthy Behaviours
- Make Healthy Decisions Together
- Take Small Steps
- Emphasize Benefits Their way
- Nurture Yourself

Think of all the ways you might comfort yourself…