

Early Years Health Promotion Project

Sligo & Leitrim County
Childcare Committees

Volume 4, Issue 1
December 2008

Leitrim Goes Bare Toed:



Creative Movement and Dance was on the agenda in Manorhamilton at the end of October. A group of movement artists known as [The Bare Toed Dance Company](#) came from England to run workshops and training with services in County Leitrim. The Bare Toed Dance Company specialise in movement, play and dance for the under 5's. The Dance Company visited Tullaghan, Kinlough, Dromahair, Glencar, Tiny Toppers and Tiny Hearts Childcare Services over 2 days. A movement and dance session was held with the children in these services. All the children really enjoyed dancing and moving to music. The Childcare workers and parents of some of the children also participated in the sessions and got an opportunity to talk to the artists. Childcare workers and parents got some ideas on incorporating movement and dance in childcare services and through play at home.

Tiny Hearts Food Tasting Session:



The children from Tiny Hearts Playgroup participated in a food tasting session where they got to taste and feel different healthy foods! They tasted some raw vegetables and they enjoyed dipping them into a houmous dip. They also made their own wraps with different fillings that they picked themselves. They ensured us that they would make these wraps again at home with their parents.



Inside this issue:

Leitrim goes Bare Toed	1
Tiny Hearts Food Tasting	1
New Website for Sligo Childcare	2
Awards for services to Children 2009	2
Hygienist Visit Footprints Parent & Toddler group.	2
Happy Christmas	2



Sligo & Leitrim County Childcare
Committees

Unit 6 Cleveragh Retail Pk.
Cleveragh
Sligo

Phone: 071 91 48860
Fax: 071 9148849
Email: sligochildcare@gmail.com

Laird House
Church St. Drumshanbo
Co. Leitrim

Phone: 071 96 40870
Fax: 071 96 40871
Email: leitrimcountychildcare@eircom.net

WEBSITE

Sligo County Childcare Committee now have a website up and running. You can download all of the project newsletters and resources that are available. If you require any further copies of the newsletters you can now download them at

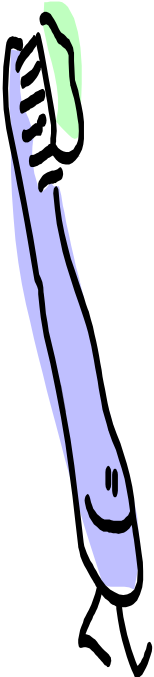
www.sligochildcare.ie

Children Acts Advisory Board

'Awards for Services to Children and Young People' 2009

The Early Years Health Promotion Project has been shortlisted to the final 20 in the country. The project will be presented at Croke Park on the 19th February 2009.

HYGIENIST VISIT WITH PARENT & TODDLER GROUP



The dental hygienist, Karen Bolger, visited Footprints Drop in crèche and the Parent/ toddler drama group. Twenty three children and their parents learnt how to brush teeth in the right way. The importance of the right sized tooth brush was highlighted, when to start using tooth paste and how to start keeping little teeth healthy by avoiding or reducing certain foods and drinks. Karen and the children used a large toothbrush and a giant sized set off teeth to practice the right way of brushing. A tooth brush for all children attending set everyone off in the right direction to healthy teeth for life



Happy Christmas

To all the childcare services, staff, children and parents who are part of the Early Years Health Promotion Project. We hope you enjoy your break over Christmas and we look forward to working with you in 2009.

Transforming Ireland



Funded by the Irish Government under the National Development Plan 2007-2013

