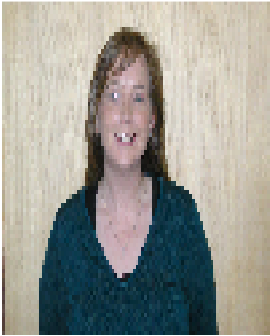




Early Years Health Promotion Project

Sligo & Leitrim County Childcare Committees

Volume 3, Issue 1
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Grainne Kelly has taken the role of Early Years Health Promotion Project Worker with the Leitrim County Childcare Committee. She graduated from the Institute of Technology, Sligo with a Diploma in Health Science and Physiology and a First Class Honours Degree in Health Promotion and Public Health. Grainne has previous experience working with young people in relation to health inequalities, obesity and conference planning. She also worked with Spunout.ie, Ireland's leading youth health website. Grainne enjoys working with and for young people and is looking forward to working with services in County Leitrim.



Sports Day in Busy Bees, Gurteen



Sports days in Busy Bees Daycare and Family Centre was a very special day for all the children and staff that took part. The activities held on the day included obstacle courses, relays and the famous egg and spoon race. Children received medals for participating and for supporting each other throughout the day. The children survived the day much better than the eggs did I am glad to say. A big thank you to all the staff who prepared the beautiful medals for the children.

MCR Playgroup Healthy Eating



Children from MCR Playgroup spent time preparing healthy snacks at break time. Children enjoy getting involved in snack time as it gives them the independence and confidence to make decisions on what they feel like eating. Making tortilla wraps with a variety of fillings gives the children a sense of freedom. As part of the Early Years Health Promotion Project we would encourage childcare services to incorporate children preparing their snacks on a weekly basis.

Buntus Start

Buntus Start training will take place on the 21st and 28th October with a follow up session in November. Any services who are interested in sending staff on physical activity training please contact Viola or Sheila at the Sligo office to secure your place.

Action Kids

Action Kids training has been completed for this year. We are hoping to provide refresher training for Action Kids in February and May of next year. 32 people attended this training last year and really enjoyed it.

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Resources in Sligo & Leitrim



Sligo & Leitrim County Childcare Committees

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MOHILL After School



The children in Mohill after school really enjoy choosing and preparing their snacks when they come in from school. The children prepared tortilla wraps with a variety of fillings. It gives the children the independence they need when it comes to food. Each day children are assigned a job whether it be sweeping the floor, bringing dishes to kitchen, sweeping duties e.t.c. Meal times are fun for the children and each day they have freshly prepared fruit. Meal times should be a social and fun event for the children.

Resources in Sligo

There are 12 'Learning Through Play' resource folders available in the office at a cost of €25. These resources would be very beneficial for new or existing services who are looking for ideas. The resources include ideas on dough and clay play, water play, sand play and dramatic

Fussy Eating

Reasons for:

- ⇒ Drinking too much milk
- ⇒ Poor appetite
- ⇒ Dislike the particular food
- ⇒ Illness
- ⇒ Emotional upset
- ⇒ Manipulative behaviour
- ⇒ Limited food appeal
- ⇒ Eating too many sugary foods between meals
- ⇒ Display of independence



What can be done?

- ◆ Serve meals at regular times
- ◆ No more than 1 pint of milk per day
- ◆ Make mealtimes fun
- ◆ Lead by good example
- ◆ Avoid intakes of high sugary foods between meals
- ◆ Make food look interesting & appealing
- ◆ Avoid distractions such as TV
- ◆ Give children plenty of time to eat
- ◆ Praise when food is eaten
- ◆ Do not force children to clear their plate

Autumn Planting

Planting flowers and gardening is a great activity for children.

Children can paint and personalise their very own flower pot.

Why not plant some flowers with your child and follow the stages of growth.

October/November



Resource Library Leitrim

Suggested books:

New Baby and Toddler Cookbook, Annabel Karmel
Food Fun for Under Fives, Scottish Pre-School Play Association

Playing Outdoors- Spaces and Places, Helen Tovey

Power of Play- A play curriculum in action, IPPA,

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