

LEAP: Literacy, Education, Activity and Play

KEY CONCEPTS ABOUT HOP AND FOOD FLAIR:

Designed to support the development of birth to 5 year old children and to be a resource for early learning professionals, as well as parents, these ideas reflect current research and theoretical perspectives on ways to support the growth and development of children.

WORKSHOP PARTICIPANTS WILL BE GIVEN INFORMATION AND RESOURCES ON HOW TO:

Physical Activity:

- * Participate with the children.
- * Provide for active play every day.
- * Encourage vigorous play.
- * Help children development movement skills.
- * Build physical activity into the day.
- * Use physical activity to support learning and social development.
- * Promote creativity and self-expression.

Literacy:

- * Support play and activity with talk and other forms of communication.
- * Expose children to varied vocabulary.
- * Play with, and emphasize, the sounds of the language.
- * Promote pretend play.
- * Provide opportunities to count, sort, classify and predict.
- * Invite children to draw, paint, write and record.
- * Model your own pleasure with language and activity.
- * Honour the children's home languages.

Healthy Eating:

- * Offer a variety of healthy foods.
- * Offer snacks and meals at the same times each day.
- * Let children's hunger and fullness cues guide you.
- * Have water readily available.
- * Join the children at the table and model healthy eating.
- * Familiarize children with foods that might be new to them.
- * Help the children develop food skills: selecting, preparing and serving.
- * Make healthy eating part of everyday learning.