



YMCA

# The Parent Page

*"Your community's best source of child care information and resources"*

## Summer 2010

### Making Active Choices Every Day

It is becoming increasingly important for parents to ensure that their children are active outside of school hours. Recent studies show that:

- Almost 60% of today's children don't meet average fitness standards; 40% of five to eight year-olds are classified as obese
- The average Canadian child watches more than 26 hours of television and spends up to 30 hours sitting in school each week
- Only 766 out of more than 15,800 Canadian schools have been recognized for quality physical education programs on a daily basis
- These days, play usually consists of computers and video games
- For convenience and safety, children are driven most places



### Regular physical activity

- Enhances academic achievement
- Stimulates concentration, heightens memory and expands problem-solving skills
- Decreases aggressive behaviours
- Decreases susceptibility to stress

- May be more important than milk in bone growth
- Lowers likelihood and levels of smoking and alcohol consumption in youth
- Promotes activity and fitness levels into adulthood

For children and youth, regular physical activity is essential for normal healthy growth and development. It's time to take action and get children interested in being active.

### Play active games

- Try "active play" charades in which one person acts out a game or activity and others guess what it is. Make up a dance routine to your children's favourite music. Compare your heart rates at the end of each dance.

### Arrange outings with other families

- Challenge them to a game of catch or tag or create an obstacle course using objects from the house or yard. Keep a chart of the time it takes everyone to run the course and challenge everyone to improve their time.

### Form a "family club"

- Meet regularly during the week or on weekends at a time when everyone is free. Try out different family activities like roller blading, skipping rope, playing tag and kickball. Use a soft foam ball or balloon to play indoor games like balloon softball or badminton. Record the activity in a scrapbook and have all "members" write what they liked about the game.

### Be active while watching TV

- Stretch and run on the spot for three minutes before and after every TV show.
- Have a quick game of catch with a foam ball during commercial breaks.
- See who can do the most jumping jacks during commercials and who can increase the number they do over a month.
- Play "remote control hot potato" during commercial breaks by passing the remote control from person to person—whoever is left holding it at the end of the break has to lead the family exercise session after the show.

Continued...

**Burnaby/New Westminster 604-294-1109**

**email: [bnwccrr@vanymca.org](mailto:bnwccrr@vanymca.org)**

**Tri-Cities 604-931-3400**

**email: [tricrr@vanymca.org](mailto:tricrr@vanymca.org)**



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*the YMCA CCRR is funded by the Province of British Columbia*

## Active Living Quiz

**1. How frequently do you and your children do things like walking, hiking or biking together?**

- a) At least 2 or more times a week
- b) About once a week
- c) About once a month
- d) Never

**2. Do you and/or your spouse participate in sports, fitness classes or workouts?**

- a) Yes—3 or more times a week
- b) Yes—at least once a week
- c) Yes—but infrequently (less than once per week)
- d) No

**3. On average, how many hours a day in total does your child sit watching television and videos and playing computer games?**

- a) 6 or more hours a day
- b) 3 to 5 hours a day
- c) 1 to 2 hours a day
- d) Less than an hour a day

**4. Does your child participate in physical education classes at school?**

- a) Yes—4 to 5 days a week
- b) Yes—1 to 3 times a week
- c) Yes—about once a week
- d) No

**5. Does your child participate in school-based physical activities that are not part of their physical education classes?**

- a) Yes—3 to 5 days a week
- b) Yes—1 to 2 times a week
- c) Yes—less than once a week
- d) No

**6. Does your child participate in physical activities or sports that are not school-based?**

- a) Yes—3 to 5 times per week
- b) Yes—1 to 2 times a week
- c) Yes—less than once a week
- d) No

**Active Living Score Board**

Question	A	B	C	D
#1	3	2	1	0
#2	3	2	1	0
#3	0	1	2	3
#4	3	2	1	0
#5	3	2	1	0
#6	3	2	1	0

**If You Scored Between:**

- 0–5 Two Thumbs Down: It’s time to get your family moving!
- 6–11 One Thumb Up, One Thumb Down: Not bad, but there’s always room for improvement!
- 12–18 Two Thumbs Up: Congratulations! Keep it up.

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### Cribs Recalled

Health Canada is warning parents to inspect their babies’ cribs in the wake of two new crib recalls in the US. The Simplicity cribs with tubular metal mattress-support frames, and the Graco brand drop-side cribs.

To ensure that a crib is safe for a sleeping infant:

- Do not use a crib made before September 1986 as it does not meet current safety regulations.
- Avoid the use of soft objects, such as pillows, plush toys, sleep positioners, comforters, bumper pads, lambskins and similar products as they can pose a suffocation risk.
- Check that the crib mattress is firm and tight-fitting. The space between the mattress and the sides of the crib should not be more than 3 cm. The mattress should not be more than 15 cm thick.
- Do not modify a crib in any way. Always follow manufacturer’s instructions for assembling and using the crib.
- After placing the baby in the crib, ensure the sides are up and locked securely in position.
- Do not place cords, straps or similar items in or near a crib, as they could become wrapped around a child’s neck. Keep the crib away from windows or patio doors where a child can reach a blind or curtain cord, as these items could also cause strangulation.



**For details and additional information please visit [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)**

Spirit of the Children Society presents



**Obin Ni'I  
(oo-bin nee-ee)  
Gitxsan for "I am pregnant"**

Obin Ni'I is a free 8 week prenatal program provided by Spirit of the Children Society for Aboriginal families in the Burnaby, New Westminster, and Tri-City areas. Public Health Nurse and AIDP Consultants will be on site.

**When:** Thursdays, beginning June 3, 2010

**Time:** 9:30 a.m. to 12:30 p.m.

**Location:** 201-768 Columbia Street, New Westminster

**Registration is required. Please call 604-524-9113**

Place Maillardville presents

**Moms & Babes Drop-In**

Free drop-in program with a different guest speaker each week.

**When:** Fridays

**Time:** 1:45 p.m. to 3:15 p.m.

**Location:** Place Maillardville Heritage Room  
1200 Cartier Avenue, Coquitlam

June 4 –**Car Seat Education** Kimberley Lowes, Child Safety & Passenger Program, BCAA

June 11 –**Sleep for Infants** Dawn Whittaker, Infant & Child Sleep Consultant

June 18 –**TBA**

June 25 –**Summer Fun Activities**

**For more information call  
604-933-6166 or visit  
www.placemaillardville.ca**

**Child Health Fair**

Fraser Health Public Health nurses, with Family Place and Parks, Culture, Recreation, is hosting the 5th Annual Child Health Fair. The Health Fair gives parents of young children and expecting parent's access to community services and health habits to last a lifetime. The fair will be a fun interactive environment for parents and children and a Motoring Munchkins area will be open for play. Games and prizes complete the day. Come join in a time of learning, connecting and fun. FREE.

**When:** Tuesday June 29

**Time:** 11:30 a.m. to 2:30 p.m.

**Location:** Queen's Park Arenex, 1st & 3rd Avenue, New Westminster

**For additional information call 604-777-5121**

**The BC Healthy Kids Program**

This program helps middle and low income families with the costs of basic dental care and prescription eyewear for their children. Eligible clients include dependent children under 19 years of age who receive Medical Services Plan (MSP) premium assistance through the Ministry of Health Services.

[www.eia.gov.bc.ca/publicat/bcea/Healthykids.htm](http://www.eia.gov.bc.ca/publicat/bcea/Healthykids.htm)



**Read. Learn. Play**

**All Aboard for Kindergarten**

All Aboard for Kindergarten is an innovative program that offers a package of literacy materials to kindergarten children and their families. This program is sponsored by FVRL in partnership with nine Fraser Valley School Districts.

Kindergarten children and their parents will receive a special Literacy Train foldout poster that includes:

- 100 Books to Read in Kindergarten list
- Literacy information and ideas for parents
- An invitation to join the library

**Please visit [http://www.fvrl.bc.ca/play/programs\\_aa4k.htm](http://www.fvrl.bc.ca/play/programs_aa4k.htm) for additional information and a list of libraries in your area.**



# Family Fun!

## Hats Off Day

Between Boundary Rd & Gamma Ave., Burnaby  
Saturday, June 5

Burnaby's biggest street party of the year. This is the day of the year when the Heights merchants take their hats off to their community and their customers. It's a huge, one-day extravaganza on Hastings Street featuring a colourful parade with real local flavour.

Call 604-294-9060 or visit [www.burnabyheights.com](http://www.burnabyheights.com)

## Belcarra Day 2010

The Municipal Hall  
Sunday, June 13

Have fun and celebrate with your family & friends!

Call 604-937-4100 or visit [www.belcarra.ca](http://www.belcarra.ca)

## 21st Annual Teddy Bear Picnic

Percy Perry Stadium  
1299 Pinetree Way, Coquitlam  
Sunday, June 13, 11:00 a.m.-4:00 p.m.



The Teddy Bear Picnic is a fun event for all young children. The hands-on activities will keep children entertained for hours.

[festivalcoquitlam.citysoup.ca](http://festivalcoquitlam.citysoup.ca) or call 604-473-1616

## Multicultural Festival

Bonsor Complex, 6550 Bonsor Avenue, Burnaby  
Sunday, June 27, 11:00 a.m.-4:00 p.m.

Celebrate Burnaby's cultural diversity and enjoy entertainment from a variety of ethnic backgrounds, children's arts and crafts and plenty of tasty treats. FREE.

Call 604-439-1860 or visit [www.burnaby.ca](http://www.burnaby.ca)

## BC Highland Games

Percy Perry Stadium  
Saturday, June 26

If you like pipe bands, drumming, dancing and Celtic music then the Highland Games are for you.

Call 604-463-8089 or visit [www.bchighlandgames.com](http://www.bchighlandgames.com)

## Canada Day Celebrations on July 1st

For Canada Day celebration activities and information visit the community websites listed below.

### Anmore

[www.anmore.com](http://www.anmore.com) 604-469-9877

### Belcarra

[www.belcarra.ca](http://www.belcarra.ca) 604-937-4100

### Burnaby

[www.burnaby.ca](http://www.burnaby.ca) 604-294-7450

### Coquitlam

[www.coquitlam.ca](http://www.coquitlam.ca) 604-927-3000

### New Westminster

[www.nwpr.bc.ca](http://www.nwpr.bc.ca) 604-521-3711

### Port Coquitlam

[www.portcoquitlam.ca](http://www.portcoquitlam.ca) 604-927-7935

### Port Moody

[www.cityofportmoody.com](http://www.cityofportmoody.com) 604-469-4500



## Golden Spike Days Festival

Rocky Point, Port Moody  
July 1-4

Come out and have fun at this year's Festival. For additional information visit the Golden Spike Days website at [www.goldenspikedays.bc.ca](http://www.goldenspikedays.bc.ca) for hours and event schedules.

## Hyack Fraser Fest

Westminster Quay Boardwalk  
July 17-July 19

Two nights of spectacular fireworks highlight the weekend festival where harbour tours, displays and the workboat parade entertain children and adults alike.

Call 604-522-6894 or visit [www.hyack.bc.ca](http://www.hyack.bc.ca)

## 12th Street Festival

New Westminster  
Sunday, August 1  
11:00 a.m.-4:00 p.m.



Merchants and neighbourhood associations along New Westminster's 12th Street shut down the street between Sixth and Eighth avenues to celebrate food, music and the cultural diversity of the strip.

[www.newwestcity.ca](http://www.newwestcity.ca)