



"Healthful" Teaching Ideas

The Health Unit has many health education resources for early childhood educators to teach health information to preschoolers. These resources provide fun and interactive health messages for this age group to ensure they adopt a lifetime of healthy behaviours. To borrow a resource call your local Health Unit office or toll-free at 1-866-888-4577 and ask the receptionist to direct your call according to the topic.

Dental Health

Reach N Teach Kit (Lesson Plan)

- Teaching Tots About Teeth
- * each day care has one in their facility



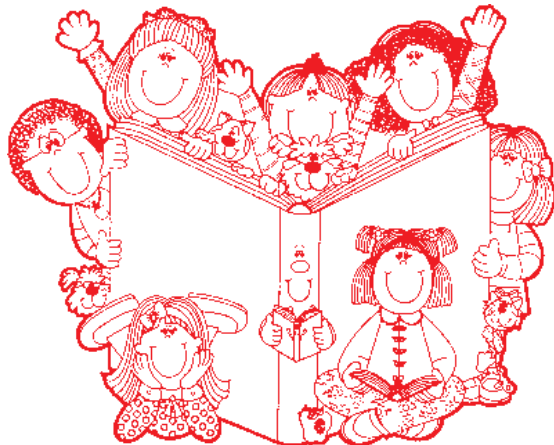
Pamphlets

- Early Childhood Tooth Decay
- Those Important Baby Teeth
- Tooth Safety/Dental Injuries
- Healthy Snacking
- Toothbrushing Tips

Healthy Growth and Development

Story Books

- Look Inside Your Body



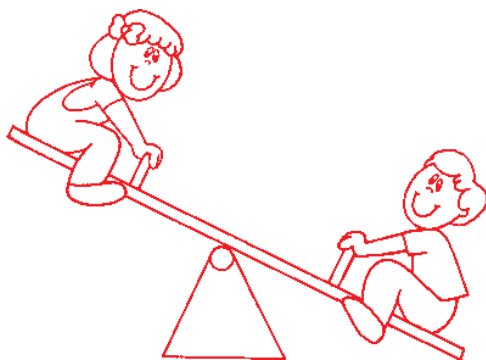
Injury Prevention

Pamphlets

- What You Should Know About Infant Car Seats/Convertible Car Seats/Booster Seats

Fact Sheets

- Child Restraint Stages
- Air Bag Safety
- Cycling Safety
- The Helmet Habit
- Pedestrian Safety
- How to Keep Kids Safe at the Playground
- Playgrounds - Danger of Strangulation
- You Can Prevent Drowning/Scalds/Poisonings/Falls/Choking
- Safety Tips for Children and Pets/Older Babies/Toddlers/Preschoolers
- Halloween Safety
- Winter Sports Safety



Nutrition

Reach N Teach Kits (Lesson Plans)

- Chef Combo's Fantastic Adventure in Tasting and Nutrition
- Mystery Container
- Dealing with the Yuks at Dinnertime
- The Snacking Mouse
- Munchie, Crunchie and Slurp in Foodizfunland

Pamphlets

- Canada's Food Guide to Healthy Eating, Focus on Preschoolers: Background for Educators and Communicators
- Canada's Food Guide to Healthy Eating for Toddlers (1-2 years)
- Canada's Food Guide to Healthy Eating for Preschoolers (2-5 years)
- Changing "Yuk!" to Yum!... A Guide for Picky Eaters
- Cow's Milk Allergy
- Feeding Your Child Ages 2 to 5
- Facts on Snacks
- In a Nutshell...Peanut Free Schools
- Iron for Your Preschooler
- Menu Planning Using Canada's Food Guide to Healthy Eating
- Nutrition Books You Can Trust



Posters

- Breakfast Lift-off
- Canada's Food Guide to Healthy Eating
- Funtastic Food Find
- Snacks to Go...Snacks to Grow
- A Wonder Lunch is...For lunch, I make sure to have my four food groups

Personal Hygiene

Reach N Teach Kits (Lesson Plans)

- William, Won't You Wash Your Hands
- Taking Care of Myself

Physical Activity

Reach N Teach Kits (Lesson Plans)

- Is This Exercise?
- Daisy the Dinosaur Finds Fitness is Fun
- Exercise is Fun



Manuals

- Movability
- Moving on the Spot
- Rainbow Fun (each daycare has one in their facility)

Video

- Workout with Ticker for a Healthy Heart

Poison Control

Pamphlets

- Children's Hospital of Eastern Ontario - Poison Centre's Blueprint for Childproofing Your Home
- Aim for Safety, Target the Label



Fact Sheet

- Do You Know What These Symbols Mean?

Video

- You Be Safe

Sexual Health

Video

- Belly Buttons are Navels

Sexual Health Prevention

Reach N Teach Kits (Lesson Plans)

- Good Strangers, Bad Strangers
- A Message from Max

Substance Abuse Prevention

Pamphlet

- An Early Start - Drug Education Begins at Home

Video

- Mr. Finley's Pharmacy

Sun Safety

Reach N Teach Kits (Lesson Plans)

- Fun in the Sun for 2-5 Year Olds
- Good Sun, Bad Sun

Videos

- Sun Safe Play, Everyday!



Talking to Children About Death

Reach N Teach Kit (Lesson Plan)

- Talking to Your Children About Death

Tobacco

Reach N Teach Kit (Lesson Plan)

- Smoke-Free for a New Generation of Non-Smokers (1996)

