

Selkirk Play for Everyday

Project Target Risk Factors:

Physical Activity

Target Population:

Preschool

Project Leads:

Advisory Group led by Lorie Fiddler of Selkirk Friendship Centre and Terrie Moar of Growing Years Family Resource Centre

Community: Selkirk

RHA: Interlake

Project Partners:

Parents, Selkirk Friendship Centre Day Care, Growing Years Family Resource Centre, Sport Manitoba, IRHA Wellness Team, Dexter Harvey, Families First, Lord Selkirk School Division PATH Program (students who have completed a PATH plan and are on their journey)

Project Details:

A multiple event and ongoing project

Description:

This project uses a strength-based approach that builds on the knowledge and expertise of families in our neighbourhood. Play For Everyday is a project designed to engage community parents in the development of a physical activity resource for preschool children that can be carried over to the home environment. Experts in the realm of physical development are a vital part of the development team but the focus is on valuing the contributions of community families. The parents have the opportunity to be community leaders through participation in the advisory group and pilot sessions. As the resource is being developed, they will also be the first to be trained as facilitators. It provides the parents further opportunities to be leaders in their communities as well as learning employment skills.

Time:

The development of the resource began in 2010. We hope to have the resource pilots and adjustments made to the resource by the fall of 2012.

Objectives:

To increase the well-being of families, build employment and parenting skills, and build upon interagency collaboration through the development of the Play For Everyday resource. In 2010-2011, through the support of Selkirk Community Renewal Corporation and the Selkirk Healthy Together Now Committee, parents and professionals formed a working group/advisory committee to develop a resource that would help families develop lifelong physical activity skills (physical literacies). Much was accomplished in the first year:

1. Developing a logic model for the project,
2. Creating the draft version of the resource (named Play For Everyday),
3. Running a pilot session to evaluate the resource, and
4. Identifying the next steps.

Planning Supports:

- Early Development Instrument (EDI) Healthy Child Manitoba results
- Input from the Selkirk Healthy Together Now Committee
- Feedback from parents regarding other physical activity programs offered at Growing Years
- Active Healthy Kids Canada, Healthy Habits Start Earlier Than You Think – The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, 2010
- Healthy Weights for Healthy Kids: Report of the Standing Committee on Health, Ottawa, 2007
- Leitch KK. Reaching for the Top: A Report by the Advisor on Healthy Children and Youth, 2007
- Tremblay MS. Major initiatives related to childhood obesity and physical inactivity in Canada: a year in review, 2007

Results:

The advisory has determined that both process and outcome evaluations are essential to the validity of this project. To date we have conducted a pilot session with 24 children to evaluate the resource in terms of age-appropriateness, efficiency of set up and clarity of instructions. Those statistics will be formulated into a report that we will use as both a baseline and to inform any changes that need to be made.

An evaluation tool in the form of a questionnaire will be used and data will be collected from all members of the advisory group, participants in the pilots and three types of dissemination.

Key evaluation questions:

- Did the participants in the advisory group and pilot sessions feel that they were involved in the development of the resource?
- Was feedback actively sought and valued?
- Do participants in the advisory group and pilot sessions feel more connected to the community?
- Are users of the resource more likely to engage in physical activity?
- Is there increased awareness of community resources?
- Is there increased awareness of the importance of physical activity and its lifelong value?

A second "parent and child together" pilot was carried out in October with 6 parents and their 2-3 year olds to determine the effectiveness and usability of the tent cards.

The results of these pilot sessions and data summary are being developed.

What worked:

The advisory group has been established and continues to be a cohesive, dedicated group.

To date the draft version of the resource for Play For Everyday has been developed. The resource includes:

- A tent card detailing what parents can say to help their families use the 'equipment' for each physical activity
- A preamble explaining the need for the resource
- The equipment - a homemade tarp with a maze on one side and a walkscotch on the other side, a set of homemade 'lily pads', a pool noodle and a ball

The resource has been tested by children and adaptations have been made to reflect findings.

Plans for a second pilot with parents and children together have been made to determine how usable the resource is for parents.

Three ways of sharing the resource have been determined:

- 1) Distribute the resource upon request;
- 2) A 2-hour training session for parents after which they will receive the resource to use at home;
- 3) A 6-session training with parents and children participation during which they will create the resource pieces to use at home.

Plans for developing the 2-hour training session for parents and the 6-session training with parents and children together have been discussed.

What didn't work and any changes made:

Although the data input is not complete, the second pilot shows indications that we may have to revamp some of the activities to better suit the 2-3 year old.

The initial number of parents participating in the advisory group was not as many as we hoped. We are engaging more parents and getting their feedback from and investment in the program through our pilot sessions.

Unexpected Outcomes:

The addition of the PATH students who will make the 'equipment' for the resource kits is very exciting.

Volunteers:

The PATH students, Dexter Harvey and parents form a strong group of dedicated volunteers.

Facilities:

The above pilot activities and meetings have taken place at the Selkirk Friendship Centre Day Care and Growing Years.

Equipment:

The resource kits are comprised of a number of 'homemade' pieces of equipment.

Total Costs:

To date the project has cost approximately \$36,000 (an estimation including in kind staff time and resources). The Healthy Together Now fund for 2011 was \$5000.

Contact Information:

Community: Selkirk

Region: Interlake

Contact person: Terrie Moar or Lorie Fidler

Email address: gryears@mts.net (Terrie) sfcdcare@mts.net (Lorie)

An alternate contact or for more information on other Healthy Together Now programs in this area please contact Leana Smith at lsmith@irha.mb.ca