BRUTE FORCE

Jesse Geller
Valerie Willis
Max Sims
Stephan Charbit
Kristin Koch
What makes a healthy child?
A holistic view of health

"We go swimming a lot – we like swimming"

"We go swimming a lot – we like swimming"

"It's important to keep active"

"Exercise or some sort of activity - walking outside"

"Exercise or some sort of activity - walking outside"

"If they don’t get enough sleep, they can get cranky"

"The best toy is another human being"

"The best toy is another human being"

"[Playing outside] gives them time to be themselves"

"I want them to be healthy, happy and have good relationships"

"I want them to be healthy, happy and have good relationships"

"Children need daily experiences with trust"

"There’s a huge emphasis on their social and emotional development"
How do health habits fit into this model?
Parents get up/ get ready
Parents wake up kids
Breakfast
Get dressed
Pack lunches for kids
Brush teeth

Play time
Park/at home
Swimming

Drop off at School
Bus/CARPOOL

• Playtime
• Lunch
• Nap time
• Academic study

Friday, 10 December, 2010
**Formal activities**
- Play dates
- Soccer
- Piano
- Hockey
- Swimming

**Informal activities**
- Dress Up
- Arts & Crafts
- TV/Video Games
- Playing outside

**Dinner time**
- Homework
- Dinner prep (kids help)
- Dinner (sometimes together as a family)
- Play time (some nights)

**Bed time**
- Bath
- Bed
- Lights out
- Story time

---

**THEMES**

- DEC 10
- 2010

---

**Dinner**

- Sometimes together as a family

---

**Bed time**

- Storytime

---

**Playtime**

- Some nights

---

**Dinner**

- Sometimes together as a family

---

**Bed time**

- Storytime

---

**Formal activities**

- Dive dates
- Soccer
- Piano
- Hockey
- Swimming

---

**Informal activities**

- Dress Up
- Arts & Crafts
- TV/Video Games
- Playing outside

---

**Dinner time**

- Homework
- Dinner prep (kids help)
- Dinner (sometimes together as a family)
- Play time (some nights)

---

**Bed time**

- Bath
- Bed
- Lights out
- Story time

---

**Playtime**

- Some nights
• A healthy child means a busy schedule
• Structure is vital
A typical pre-school day

- A healthy child means a busy schedule
- Structure is vital
- Many activities affect the 3 spheres of health
A typical pre-school day

- A healthy child means a busy schedule
- Structure is vital
- Many activities affect the 3 spheres of health
• A healthy child means a busy schedule
• Structure is vital
• Many activities affect the 3 spheres of health
• Social play is an important health habit
• Play dates encourage independence and help out parents
• Sticking to the schedule is hard
• Disruptions can cause stress
• Stress has a negative impact on the family dynamic
So what is being a parent really like?
Routines for reinforcement and health
Parents use routines to manage busy times of the day.

Routines help the day flow smoothly.
• Pre-schoolers are just starting to make decisions that impact their health
• Routines are a crucial tool in encouraging personal responsibility
By building positive health habits and encouraging independence through learning.

By easing the negative health effects of stressful times through the positive influence of routines.
"Finding: Your Pants"
Encourages independence
Builds positive routines
Eases potentially stressful situations
Thank you