

# Healthy Children

November 2018 Parent Newsletter



## Articles

The Resilient Family

Loose Parts Play

## The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.



For more information about family resiliency, visit <http://yllumyhome.com/>

## Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



## Loose Parts Play

Often as adults we observe children playing for hours with “treasures” they find throughout their day. Have you ever noticed that your children would rather play with materials that they can use and adapt as they please, rather than toys that come with a clear purpose? This natural sense of wonder and creative type of play is referred to as ‘Loose Parts Play’. It was coined by Samuel Nicolson, who believed that loose parts in our environment will empower an individual’s curiosity. Your children may already engage in this type of natural play.

Loose parts play consists of objects and materials that children can move, carry, combine, line up, take apart and put back together in multiple ways. Doing so can allow for endless fun!

Loose parts can be:

- **Natural:** water, sticks, leaves, flowers, pinecones, shells, feathers or rocks
- **Human made:** pipes, tires, blocks, boxes, foam or fabric
- **Household items:** pouring devices (cups, spoons,



buckets, funnels), play cars, blankets, recycled materials (paper tubes, ribbons, caps, lids, wood scraps, wire, foam, cardboard) art materials (buttons, natural and coloured popsicle sticks, beads, straws, paints, brushes)

When an environment is rich in these loose parts, children can use their imagination to create stories, manipulate objects to find new purposes as well as spark their sense of wonder and curiosity.

Providing children with loose parts for play encourages active learning where skills such as

problem solving, creativity, concentration, hand eye coordination, fine and gross motor development and social skills can grow. This type of play can also help children improve in school subjects such as math, language and science.

So next time you are considering re-vamping your child’s play space consider offering some loose parts and watch the magic happen!