

Newsletter Summer 2016



I thought you might find the numbers below interesting

In the year June 2014 to July 2015 the Early Childhood Team at Sport BOP delivered:

72 Parent workshops; with 490 parents attending influencing 500 children aged 0-1

101 Early Childhood Centres attended workshops; 511 teachers influencing approx 5000 children

Welcome to 2016!

Another year has gone and most of us will be slowly getting back into the swing of it after the Christmas break.

The Early Childhood Team at Sport Bay of Plenty has had a really full year in 2015. With continued demand for workshops, the exciting launch of the new Move Laugh Grow resources, Water Babies and Aqua Mums; there was no wind down for the holidays!

I thought this newsletter would be an ideal opportunity to reflect on some of last year's outcomes.

We have been lucky to receive additional funding over the past year allowing the development and delivery of further initiatives for whanau, Water Babies and Aqua Mums.

As usual, we have had incredible support from a variety of stakeholders. We value the opportunity to work with organisations such as Plunket, Parent Centre, midwives and especially our local hauora whose efforts and enthusiasm to collaborate have been the key to success! We value all our community relationships and look forward continue working with you all in the future.

Thank you also to those who took part in our stakeholder survey. This helps us as we plan for the future and look for ways to ensure we support the work you are doing every day with the Bay's Under Fives!

Our stakeholders – YOU! Rated the following as Very good (this was the highest rating)

- **Appropriateness of content 88.6%**
- **Effectiveness of teaching 86.4%**
- **Presenter knowledge 90.9%**
- **Presenter attitude 88.6%**
- **70% strongly agreed they had a deeper understanding of physical activity for the Under Fives**

Many thanks to Amy who has delivered the majority of our parent workshops over the year; feedback from you has been overwhelmingly positive and we look forward to working closely with you again in 2016.

Breaking news for the New Year is that our new Move Laugh Grow resources will be available in Te reo Maori! Huge thanks must go to Tamati Waaka and Lena Kairau (Sport BOP's very own Active Families Advisor) for all the work they did on this. To receive some of these new resources don't forget to book us in for a workshop in the New Year!

All the best

Kirsty



Aqua Mums

A couple of weeks ago I delivered a workshop to a SPACE group in Whakatane; as is always the way the room was full of beautiful 5 month olds with their proud mums. I thought I recognised one of the mums but was unsure so carried on with delivering the workshop. At the end of the workshop she turned to me and said she had been involved with Aqua Mums and what a brilliant programme it had been for her while pregnant. It was wonderful being able to meet her beautiful daughter; who I had last seen as a wee bump!

Aqua Mums was a fantastic programme which took place across the Bay of Plenty; with the aim of supporting healthy pregnancies. 120 women were given the opportunity to participate in 8 weeks of aqua aerobics along with nutrition and physical activity education.

Surveys were conducted before and after the programme to gauge the impact of the programme

Highlights:

- **Funding enabled 5 programmes at 4 venues across the BOP in which 120 woman attended**
- **81% of participants rated the programme as Excellent**
- **76% of participants do more physical activity as a result of Aqua Mums**
- **97% of participants said Aqua Mums helped with their pregnancy (exercise, relaxation, pain relief and energy levels were cited as examples)**

Water Babies 14/15

Providing 6 free learn to swim lessons for vulnerable families in Tauranga and Rotorua. Importantly Water Babies required a parent/caregiver to be in the water ensuring they received water safety education as well as how to help their child with learn to swim skills.

The success of this programme was due to the collaboration between Swimming NZ and Water Safety NZ, pools, hauora and parenting organisations and RSOs, all coordinated by Sport BOP.

Participant Numbers

2014

**14
sessions per week for 6 weeks**

**112
0-5 year olds attended with a
parent/caregiver**

2015

**17
sessions per week for 6 weeks**

**240
0-5 year olds attended with
parent/caregiver**

Participants were surveyed on water confidence, safety, and participation etc before and after attending the programme



The Bump Club 2016

Following on from the success of Aqua Mums; we applied for funding from the EBPHA in Whakatane to allow us to deliver an enhanced programme aimed at supporting pregnant women through physical activity and nutrition education. – From March pregnant women in the EBOP will have the opportunity to participate in a 14 week programme of aqua aerobics and pilates classes as well as receive education on good nutrition, importance of breastfeeding and child development. We are really excited at being able to support pregnant women in this way and grateful to all the stakeholders who are supporting this initiative.

More details will be available on our website in February



Articles of Interest

I try and keep up to date with the latest information on children's play and development; there have been some interesting articles I've shared with you recently here's some more.:

- [Kiwi Kids Lack Real Playtime](#)
- [Perfect Children's Playground](#)
- [Risky Outdoor Play Has Positive Impacts](#)
- [Parental Fear As A Barrier to CIM](#)
- [Outdoor Play Good For The Eyes](#)
- [Play Free Movie Trailer](#)



Tykes on Trikes and The Tot Trot

There are so few events solely for Under Fives in the BOP, Sport Bay of Plenty has been coordinating 6 events across the Bay for over 7 years and they continue to grow in popularity.

2016 is no exception and thanks to support from the wider Sport BOP Team and other stakeholders we will be running Tykes on Trikes and Tot Trot again this year. We do hope you will take the time to attend and promote these free fun activities to your whanau

Tykes on Trikes

- Whakatane – Riverside Park 16th February 10-11.30 a.m.
- Rotorua – Village Green 17th February 10-11.30 a.m.
- Tauranga – Memorial Park 18th February 10-11.30 a.m.
- Katikati – Moore Park 19th February 10-11.30 a.m.



Tot Trot

- Rotorua – Redwood Forest 16th March 10-11.30 a.m. – rolling start time any time between 10-10.30 a.m.
- Tauranga – Yatton Park 17th March 10-11.30 a.m. – rolling start any time between 10-10.30 a.m.

Look forward to seeing you there!



This Month's Focus: Catching, Throwing and Kicking

(Thanks to Sport NZ's Active Movement resource)

Balls are a big part of New Zealand society and many young children and babies are given these as toys with the expectation they will be encouraged and may grow into Daniel Carters and Michael Campbells. Foundation skills for catching, throwing and kicking need to be practised in the early years, starting from birth and continuing into the preschool years.

Developing the ability to use hand/foot and eye together is an important part in a child's development. Catching, Throwing and Kicking are skills necessary for:

Developing hand eye coordination, foot eye coordination and fundamental movement patterns
Sports skills. Writing – hand and eye need to work together. Reading
Rhythm and Timing. Crossing the road – being able to judge speed

Hand-eye coordination is the ability of the vision system to coordinate the information received through the eyes to control, guide, and direct the hands in the accomplishment of a given task, such as handwriting or catching a ball. Hand-eye coordination uses the eyes to direct attention and the hands to execute a task. The same can be said for foot eye coordination.

Babies

Hand-eye coordination begins developing in infancy. Although it is an instinctive developmental achievement that cannot be taught, parents can hasten its progress by providing their children with stimulating toys and other objects that will encourage them to practice reaching out for things and grasping them.

- Until the age of eight weeks, infants are too nearsighted to see objects at distances farther than about 10 cm from their faces, and have not yet discovered their hands.
- By the age of two to two-and-a-half months, the eyes focus much better, and babies can follow a moving object with their gaze, even turning their heads to keep sight of it longer. When a baby this age drops an object, he will try to find it by feeling rather than looking for it, and although he plays with his hands, he does it without looking at them.
- By three months, most infants will have made an important hand-eye connection; they can deliberately bring their hands into their field of vision. They are watching their hands when they play with them. They also swipe at objects within their view, a repetitive activity that provides practice in estimating distance and controlling the hands. Attempts to grab onto things consist of a series of tries, with the child looking at the object and then at his hand, moving his hand closer to it, and then re-sighting the object and trying again.
- At the age of four or five months, hand-eye coordination is developed sufficiently for an infant to manipulate toys, and he will begin to seek them out. By the age of six months, he can focus on objects at a distance and consistently follow them with his eyes. At this point, the infant can sight an object and reach for it without repeatedly looking at his hand. He senses where his hand is and can lead it straight to the object, keeping his eyes on the object the entire time. By the final months of his first year, the baby can shift his gaze between objects held in both hands and compare them to each other.



Toddler

The toddler stage brings further progress in hand-eye coordination, resulting in the control necessary to manipulate objects with increasing sophistication. The ability to sight and grasp objects accurately improves dramatically with the acquisition of the “pincer grip.” This ability to grasp objects between the thumb and forefinger develops between the ages of 9 and 15 months. Around the same time, children begin stacking objects on top of each other. Most can stack two blocks by the age of 15 months and three by the age of 18 months.

At this age they also begin emptying, gathering, and placing objects one inside another. Toddlers can twist dials, push levers, pull strings, pound pegs, string large beads, put a key in a lock, and turn book pages. Between the ages of 15 and 23 months there is significant improvement in feeding skills, such as using a spoon and a cup.

Preschoolers

During the preschool period, hand-eye coordination progresses to the point of near independence at self care activities. Preschoolers are learning to handle eating utensils well and button even small buttons. They can use scissors, thread beads, are proficient at puzzles. Playing in messy, gooey, tactile textures also helps to develop young fingers and eye hand skills.



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