



LEYC



Lethbridge Early Years Coalition—Building Community Support for the Early Years

LOOK AT ME—I AM 3!

Hello Adult. Welcome to my brain. The first five years of life are really, really important. That is when most of my brain is being wired – millions of neurons are making billions of connections. I'm learning all the time – at every moment of my day. Everything around me is teaching me, but the most important teacher of all is you.

When it comes to building my physical health and well-being I need a lot of movement. As a three-year-old I may be able to run, roll, climb, ride a tricycle or strider and walk forwards, backwards and sideways. Ask me to touch my toe without bending my knees. Help me learn to hold and snip with scissors or thread using a shoelace. Together we can start catching and throwing balls – let's play! I need at least two hours of vigorous exercise every day.

Did you know Lethbridge has:

- 119 playgrounds
- 2 spray parks
- 15 picnic shelters
- 4 skate parks
- 12 outdoor fitness gyms
- 1 mountain bike park
- 15 lookout-view points
- 6 community gardens and orchards
- 1 challenge/agility course
- 182.7 kms of paved pathway
- 5.7 kms of aggregate trail

Wow, that gives us a lot of options for outdoor play and staying active every day. We can download the Lethbridge Parks App for more information. The Lethbridge Playground Passport is available on the City of Lethbridge website and we can win a prize when we complete it.

My physical health and wellbeing are a critical part of my development as a three-year-old. If you want to learn more about supporting my healthy development contact lethbridgeearlyyears@gmail.com.



Quick LEYC Updates:

- LEYC shared early childhood development information with over 200 parents and caregivers at Nature Play Day and Neighbour Day in June.
- LEYC presented the Core Story video to new parents at 13 AHS Baby Steps classes since January.
- Check out the new [Lethbridge Plays](#) website created by the Lethbridge Play Charter Committee— LEYC is an active member.
- SAVE THE DATE! LEYC will be hosting “The Importance of Words and Communication”, with Dr. Shimamura, Oct. 8, 6:30 PM.