

## BUILDING COMMUNITY SUPPORT FOR THE EARLY YEARS



### PROVINCIAL NEWS



At the end of July, coalitions across Alberta submitted an interim report overviewing their activity for the first half of the year. Data showed Alberta Coalitions held over 500 community wide events and activities with more than 42,000 participants in the first half of 2016. Across the Province, coalitions ran 169 workshops and learning activities with 4,435 participants. Coalitions are making an impact provincially!

### ROVING GYMS

Weekly Lethbridge Roving Gyms started at the beginning of October offering ten gyms each month in seven locations around the City of Lethbridge. There have been 291 caregivers and young children who have participated in the program since October. Families have expressed their appreciation for this free program that allows their children to run and play during the colder months of the year. In December, we will be featuring a guest speaker from Building Brains and Futures who will briefly share with caregivers about the benefits of physical activity to a child's developing brain. The 2017 schedule will be available soon. Registration information can be found at



[www.lethbridgeearlyyears.ca/rovinggyms](http://www.lethbridgeearlyyears.ca/rovinggyms)

### "HOW IS TECHNOLOGY SHAPING THE PRESCHOOL BRAIN?"

In October, LEYC hosted Dr. Schwartz, from the University of Calgary - "How is technology shaping the preschool brain?"



We had 54 educators and professionals in attendance in the afternoon session and 48 participants at the free, evening session for parents and community members. A participant commented on their evaluation, *"Enjoyed this session immensely! Loved the blend of theoretical and practical in an interactive format."*

### SOUTHERN ALBERTA COALITION GATHERING

This fall Lethbridge Early Years Coalition hosted a Southern Alberta Coalition Gathering. We had twenty representatives attend from all over Southern Alberta. The morning entailed hearing from each coalition on their work and successes. We also engaged in group discussion on common challenges faced by coalitions. It was a fabulous time of collaborative learning, networking, and finding inspiration in the stories of community support being built for the early years all around Southern Alberta.

### LEYC IN 2017

In developing the 2017 Action Plan, much consideration was given to the Advisory Council breakfast discussion and the LEYC Steering Committee's input. Some highlights to the 2017 plan include: an inter-generational initiative with seniors and children in their early years; new Parent Café sites; and LEYC hosting several workshops on topics such as stress, rough and tumble/risky play, and technology. We also look forward to the continuation of the Lethbridge Roving Gyms partnership with Lethbridge Library, Lethbridge Sport Council, and LEYC. We appreciate your partnership and support of these initiatives as we continue working towards raising awareness of the importance of the early years.