

“Just as children learn by trying and doing and trying again, so do parents.”

Nobody’s Perfect Parenting Program



PARENTING MATTERS

Summer 2026 Newsletter



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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.

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our goal is **healthy** children



Fundamental Movement Skills

Fundamental movement skills are the basic movements children need to be active and confident such as running, jumping, throwing, catching, balancing, and kicking. These skills are the building blocks for all physical activities and sports. These skills support not only physical health, but also confidence, social skills, and overall development.

Children who develop movement skills early are more likely to:

- Feel confident trying new activities
- Enjoy being active with friends
- Stay active and healthy as they grow



The 3 main types of movement skills are:

- Locomotor skills - moving the body (e.g., running, jumping, hopping)
- Object control skills - using hands or feet with objects (e.g., throwing, catching, kicking)
- Balance/stability skills - controlling the body (e.g., balancing, twisting, bending)

Fundamental movement skills don't develop automatically. The early years are especially important for building these skills. They are learned through:

- Active play
- Practice and repetition
- Trying different activities

Children develop fundamental movement skills in different ways. For some children, including those with physical or intellectual disabilities, certain skills may look different or may need to be adapted to match their abilities and strengths.



Parents and caregivers can support their children in developing these skills by:

- Encouraging active play every day (indoors and outdoors)
- Playing games like tag, catch, or obstacle courses
- Visiting parks, playgrounds, and open spaces
- Limiting screen time and making movement fun
- Being active together

When children develop strong movement skills, they build the confidence and ability to stay active for life. Supporting these skills early helps set the foundation for healthy, happy, and active futures.

Activities for Children

Supporting young children in movement and play helps build confidence, coordination, and lifelong physical activity habits. Try these simple, playful activities at home or in early learning settings and programs.

Ages 0-2: Explore & Experience Movement

Focus on sensory play, body awareness, and early coordination.

Encourage children to:

- Reach for toys when having tummy time
- Roll, crawl, and climb over soft surfaces
- Push and pull toys (e.g., wagons, boxes)



Ages 3-4: Build Basic Skills

Try activities that help develop balance, coordination, and simple movement patterns.

- Run, stop, and change direction (e.g., tag games)
- Jump off low steps or hop like animals
- Throw and catch large, soft balls
- Kick balls toward a target
- Balance on one foot or walk along a line

Ages 5-6: Practice and Combine Skills

At this age, help children practice different movement skills and combine movements through activities such as:

- Skipping, galloping, and hopping
- Throwing and catching with more accuracy or distance
- Playing simple games (e.g., relay races, obstacle courses)
- Hitting a ball with hands or simple equipment
- Balancing while moving (e.g., stepping stones, beams)



Kid-Friendly Pasta Salad

This kid-friendly pasta salad is packed with lots of fresh vegetables and pasta, which makes it a healthy, filling, colourful, and delicious pasta salad.

Ingredients

- ½ cup (50 grams) uncooked farfalle pasta or 1 cup of cooked pasta
- ¼ cup (40 grams) fresh peas or frozen and thawed
- 1 carrot diced
- ½ cucumber peeled and diced
- ½ red bell pepper diced
- ¼ cup (40 grams) steamed corn kernels

For the dressing

- 1 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice, optional
- ½ teaspoon salt

Instructions

- Cook pasta in salted boiling water for 10 minutes, or cook according to the package directions. Check the doneness before removing it from the water by tasting one piece.
- Mix the pasta with the rest of the ingredients in a bowl.

Notes:

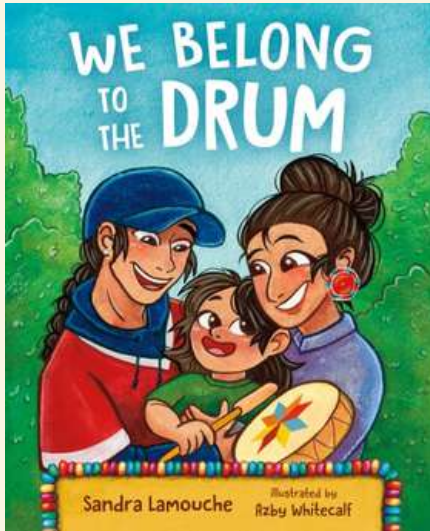
- This pasta salad can be served at room temperature or cold.
- Feel free to add other vegetables that your child enjoys.

For more information, visit: <https://littlesunnykitchen.com/kid-friendly-pasta-salad/>.





Reading for Reconciliation



We Belong to the Drum

Written by Sandra Lamouche

Illustrated by Azby Whitecalf

Description from publisher

The drum represents the heartbeat of Mother Earth. We all belong to the earth and we all belong to the drum.

Nikosis grew up going to powwows with his family, happily immersed in music, dance and the sounds of the drum. But when he starts going to daycare, he doesn't feel like he belongs.

Nikosis cries every time his mother leaves him in the unfamiliar environment until, one day, she and the teachers use drums to help Nikosis find connection and comfort.

Inspired by her son's experience - and her family's love of powwow music and dance - Indigenous educator and champion hoop dancer Sandra Lamouche shares this uplifting true story of the transformative effects of culturally safe and inclusive early childhood education.

To view the author discussing the book, visit:

<https://www.youtube.com/watch?v=s6Y6rslmrPo&t=29s>.

Parents as First Teachers

Written by the National Collaborating Centre for Indigenous Health and the Manitoba Government

Parents as First Teachers places emphasis on early childhood development and learning through experience and play. Information is shared on the importance of the circle of support, how children learn, and how parents can support their children while teaching and guiding them.

To view a digital copy and/or download the resource, visit:

https://www.nccih.ca/495/Parents_as_first_teachers_-_Manitoba.nccih?id=215.

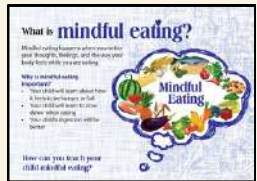


Saskatchewan Prevention Institute Resources



Healthy Habits Resources Information Cards, 2021 - 2022

A habit is a behaviour that is repeated so often it becomes routine. A healthy habit creates a feeling of wellness in the body, mind, and spirit. Children watch and learn healthy habits from the adults in their lives, such as parents, caregivers, program staff, and healthcare professionals. To help children develop healthy habits, it is important for the adults in children's lives to practice healthy habits. A total of 8 information cards have been developed to help parents, caregivers, and their children learn about healthy habits. Topics include what habits support healthy eating, why physical activity is important, what healthy habits support healthy relationships, and what habits help children balance their energy.



To learn more and download the information cards, visit:
<https://skprevention.ca/healthy-habits-2/>.



Parenting Matters Bookmark Bookmark, Updated 2023

This bookmark provides ideas to support child development. Ideal for service providers to give as a take-home keepsake to parents and caregivers.

To order and/or download, visit: <https://skprevention.ca/resource-catalogue/parenting-matters-bookmark/>.



For additional Saskatchewan Prevention Institute resources, visit:
<https://skprevention.ca/resource-catalogue-page/>.

Important Dates

National Indigenous History Month

June 1 - 30, 2026

<https://www.rcaanc-cirnac.gc.ca/eng/1466616436543/1534874922512>

International Day of Play

June 11, 2026

<https://www.internationaldayofplay.org/>



National Indigenous Peoples Day

June 21, 2026

<https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1708446948967>

National Injury Prevention Day

July 5, 2026

<https://parachute.ca/en/program/national-injury-prevention-day/>



International Day of Hope

June 12, 2026

<https://internationaldayofhope.org/>

National Drowning Prevention Week

July 19-25, 2026

<https://skprevention.ca/safety/drowning/>

International FASD Awareness Day

September 9, 2026

<https://canfasd.ca/fasd-awareness-month/>

Child Passenger Safety Week

Sept. 16-24, 2026

<https://skprevention.ca/passenger-and-vehicle-safety/>



National Day for Truth and Reconciliation

September 30, 2026

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

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