

# For the Health of our Children

**Consider and respect each child as unique with his/her own needs, interests and capabilities.**

Schools often see children in terms of groups and grades. In focusing on children as individuals, parents and teachers allow the child to develop in his/her unique way.

**Provide attractive workshop style settings in our schools and classrooms.**

Young students are drawn to and flourish in places where there are interesting things to do.



**Support and encourage hands-on active learning in our schools**

Children learn by doing. In schools that are arranged for activity, where they can experiment alone or with others, children cooperate and, as they collaborate, develop mutual respect.



## Allow children to choose

Making decisions is an important part of learning. Choosing and sharing are powerful aspects of the learning process.



## Allow and encourage them to play both indoors and outdoors

Provide natural materials such as sand, water and some containers, paper, pencils, pens, waste materials, glue, and paint. Introduce board and card games. Provide materials for counting, sorting and measuring



Children playing freely are themselves. In observing them at play, teachers and parents have opportunities to discern a child's interests, capabilities, character and social and emotional development. When a parent or a teacher gives them time to play, and to clean up, children learn to become responsible citizens.

**Children feel free outdoors.  
They can make run, jump, play hard and make noise.**



**Be aware of, acknowledge, support and celebrate the gifts and interests of each child.**

In an open atmosphere where there is choosing and sharing, each child is able to shine according to his/her own capabilities.

**Limit screen time and help children use technology respectfully.**

Active play is healthier. Face to face communication allows children to discern facial expression. Body language and tone of voice denote reactions. Rapport, respect and empathy are possible outcomes.

**Encourage healthy eating**

Teach children about the sources of food. Grow food. Visit farms. Teach the child to cook.

**Give them time to learn.**

As adults we can be anxious, worried about children getting behind. Rather, we need to allow them to develop in their own time - not forcing but supporting and encouraging every step of the way. It is desirable that children learn within a multi-age group where they learn from each other. They are inspired by those older and in turn inspire those younger as well as having the opportunity to review what they already know.

Provided to the  
Health Action Network Society  
at the Metrotown Hilton Hotel  
Burnaby, B.C.  
16<sup>th</sup> March 2018

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Author of: *Honouring the Child – Changing Ways of Teaching*  
*Honouring the Child II – A Guide to Ways of Learning*

[www.honouringthechild.com](http://www.honouringthechild.com).

Contact Pam for a presentation or workshop and copies of her books



*Speaking to parents in Gibsons*



*At Squamish community centre*



*At McBride library*



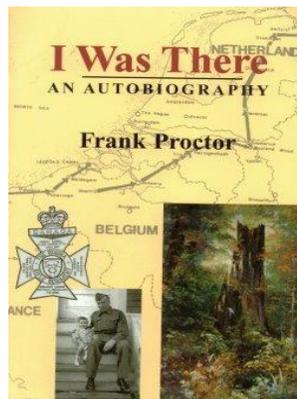
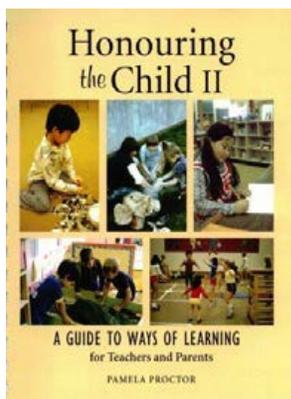
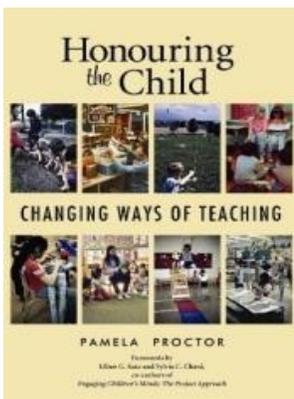
*At Lillooet primary school*



*At Gibsons Public Art Gallery*



*Primary Education Panel in Gibsons*



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