



# **Recommended Reading List**

*Parents*



## **365 Activities for Fitness, Food and Fun for the Whole Family**

**\$22.95**

*Author:* Julia E. Sweet  
*Target Group:* Adult

This book features activities that will hoist young people off the couch and get them participating in games, exercises and healthy recipes they will love. Best of all, the activities are designed to be fun for the whole family. 383 p.

**Contemporary Books, 2001. ISBN: 0809297671**

## **Active Start for Healthy Kids: Activities, Exercises, and Nutritional Tips**

**\$25.95**

*Author:* Stephen J. Virgilio  
*Target Group:* Adult

This book contains a wealth of fun, easy-to-implement activities that are specifically designed to teach children 2-6 years important health concepts. 240 p.

**Human Kinetics, 2006. ISBN: 073605281X**

## **Toddler Play: 100 Fun-Filled Activities to Maximize Your Toddler's Potential**

**\$24.95**

*Author:* Dr. Wendy S. Masi  
*Target Group:* Adult

This colourful book provides ideas to enhance quality playtime with toddlers. In addition to being a lot of fun, each of the 100 toddler-tested activities has the benefit of providing children with the foundations for many of the skills they'll need in preschool. 192 p.

**Creative Publishing International, 2001. ISBN: 0865734356**

## **Fit Kids: A Practical Guide to Raising Healthy and Active Children from Birth to Teens**

**\$28.00**

*Author:* Mary Gavin, Steven Dowshen, & Neil Izenberg  
*Target Group:* Adult

Endorsed by the Heart and Stroke Foundation of Canada, Fit Kids is a resource that is full of new ideas to help kids grow up healthy. The book offers tips for parents to become effective role models for their children. 208 p.

**DK Publishing Inc, 2004. ISBN: 1553630394**



# Active Minds Active Bodies Booklist



Parents

Genre

Cost

## **\*Moving and Growing:**

### **Physical Activities for the First Two Years** 🍁

**\$8.00**

*Target Group:* Adult

In response to growing concern about type 2 diabetes in children in Canada, the Canadian Child Care Federation (CCCF), and the Canadian Institute of Child Health (CIHC) have joined together to review and update this popular physical activity series, Moving and Growing, first published 20 years ago.

**Canadian Institute of Child Health and the Canadian Child Care Federation, 2004.**  
**ISBN: 0919747655**

## **\*Moving and Growing:**

### **Physical Activities for Twos, Threes and Fours** 🍁

**\$8.00**

*Target Group:* Adult

The Moving and Growing series is designed to help parents and their children develop lifelong habits of physical activity. This illustrated book outlines the benefits of physical activity, how to choose appropriate activities, how to encourage physical activity and children's developmental skills for ages two, three and four. 94 p.

**Canadian Institute of Child Health and the Canadian Child Care Federation, 2004.**  
**ISBN: 0919747671**

## **\*Moving and Growing:**

### **Physical Activities for Fives and Sixes** 🍁

**\$8.00**

*Target Group:* Adult

The revised and expanded edition of this popular physical activity series, promotes healthy living and regular physical activity for children from this illustrated book outlines the benefits of physical activity, how to choose appropriate activities, how to encourage physical activity and children's developmental skills by age group. 96 p.

**Canadian Institute of Child Health and the Canadian Child Care Federation, 2004.**  
**ISBN: 0919747698**

## **\*Moving and Growing:**

### **Physical Activities for Sevens and Eights** 🍁

**(\$30 set of four)**

**\$8.00**

*Target Group:* Adult

This book, the fourth in the series, promotes healthy living and regular physical activity for children ages seven and eight. It outlines the benefits of physical activity, how to choose appropriate activities, how to encourage physical activity and children's developmental skills by age group. 120p.

**Canadian Institute of Child Health and the Canadian Child Care Federation, 2004.**  
**ISBN: 1894950208**

\*Copies of the Moving and Growing Series are available from: Canadian Child Care Federation 613-729-5289  
Email:orders@cccf-fcsge.ca





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## **Creative Play Activities for Children with Disabilities**

**\$34.95**

*Author:* L.R. Morris & L. Schulz 

*Target Group:* Adult

In this book you will discover 250 games and activities designed to help children 0 to 8 years with all types of disabilities grow through play. Many activities describe special adaptations for children with physical, visual and hearing impairments. 232 p.

**Human Kinetics, 1989. ISBN: 0873229339.**

## **Fun and Games:**

### **100 Sport-related Activities for Ages 5-16**

**\$24.95**

*Author:* Anthony Dowson & Keith E.J. Morris

*Target Group:* Adult

Children can be encouraged to engage in physical activity through fun games that stimulate both body and mind. This book contains a range of warm-up ideas, games, skill practices and sport-specific activities to motivate children and encourage active participation. 208 p.

**Human Kinetics, 2005. ISBN: 0736054383**