

Smiles 4 Miles Themed Story Time Sessions

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Project Partners

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(LHPCP)
Seymour Health
Mitchell Shire Council
Murrindindi Shire Council

Project Aim

Develop and run 1 story time session per term at all 7 Lower Hume Region libraries. The Lower Hume PCP Smiles 4 Miles coordinator would run these sessions at which the books, songs and activities would be themed to coincide with that terms Smiles 4 Miles message (Drink Well, Eat Well and Clean Well). Thus further strengthening libraries to become health promoting settings, as well as reaching more disadvantaged families whose children may not be able to attend early year services due to various socio-economic factors.

Results

Out of the 7 libraries:

- 6 libraries participated in the Smiles 4 Miles themed story time sessions.
- we ran 25 themed story time sessions.
- 295 kids and 189 parents and/or family day care educators attended these sessions.

Out of the 7 libraries only 4 completed the LHPCP Smiles 4 Miles Themed Story Time Session Feedback Survey which showed that:

- 100% rated stories provided as being extremely adequate for each theme; 70% rated the activities provided as being adequate and 30% as extremely adequate for each theme; 70% rated the information provided as very informative and 30% informative.
- All found the information packs for attendees to be valuable in engaging participants around nutrition and oral health.
- 70 % felt the Smiles 4 Miles themed story time session resource kits were useful for libraries to sustainably run these sessions.
- 30% would continue to run these sessions during terms 4, 1, 2 & 3 utilising the resource kit; 30% would hire out resources in the resource kit to community members; and 30% would utilise the resource kit to run 1 session per year on all 3 messages.

Challenges

- Librarians still feel their skill set, capacity and whether the setting is suited to be a health promoting environment could be barriers to running these sessions and future sustainability. However the Smiles 4 Miles Coordinator will continue to correspond with libraries and provide any assistance required to further build their skill set and capacity.

Background

This project relates to health promotion work undertaken by the partnership under objective 2 healthy eating, an action of strategy 2.5 within the Lower Hume PCP Integrated Health Promotion Plan 2012-2017. This action was to collaborate with local government to implement healthy eating initiatives. Thus, strengthening partnerships with local councils and services to create supportive environments that promote culturally valued healthy food.

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Planning

- The Lower Hume PCP Smiles 4 Miles Coordinator had initial meetings with both the Mitchell & Murrindindi Shire Council library coordinators to discuss implementing these sessions and compiling resource kits for libraries to continue running sessions once the project was completed.
- From these meetings it was agreed upon that the Smiles 4 Miles Coordinator would develop and run 1 Smiles 4 Miles themed story time session per term at all 7 Shire libraries.

Method

Lower Hume PCP Smiles 4 Miles Coordinator implemented these Smiles 4 Miles themed story time sessions by providing libraries with:

- 25 developed and ran Smiles 4 Miles themed story time sessions during 2014-2015.
- Compiled nutrition and oral health packs for session attendees.
- Compiled Smiles 4 Miles Themed story time session resource kits, containing the themed activities and books, as well as nutrition and oral health display information.
- Ongoing assistance given to libraries with implementing and future sustainability of these sessions.

Conclusion

This project was successful and showed how different settings can be utilised as health promoting environments and how easily healthy eating and oral health messages can be incorporated within services and their activities, initiatives and events. It also shows how we can partner together to share and strengthen each others resources, skills and capacity so that the community as a whole receive health promoting messages and access to appropriate services.

Presenter was reliable, very well prepared, friendly, engaging and established good rapport with children and parents. Children and parents were engaged and interested in the message. Thanks for a great program. Alexandra Library

Smiles 4 Miles Themed Story Time Resource Kits

