



ACTIVITY NEWS!

MODULE 1

CHILE PROJECT GOALS

- ☒ Families will eat more fruit, vegetables, and foods made with whole grains
- ☒ Families will eat less sugar and high-fat foods
- ☒ Families will be more physically active
- ☒ Families will watch less TV

HELLO!

Hello, and welcome to the new school year from the CHILE Plus Team! No doubt this is a busy time for your family as you get used to new morning routines and Head Start schedules. Rest assured, you're not alone as many families just like you are also trying to figure out how to get their preschooler out of bed and to Head Start on time every morning!

Sometimes, after an active summer break, being in school can lead to less activity. Your child's teachers are working hard to keep this from happening by doing the CHILE program, which increases the amount of physical activity throughout the school day. You can help them by trying some of the physical activities suggested in these newsletters.

If your preschoolers never seem to sit still, be comforted by the fact that physical activity is good for them! In fact, preschoolers learn through being active. Research shows that playing active games enhances not only their physical development, but their brain development too.



ACTIVE PLAY... EVERY DAY!

Your preschooler needs at least 2 hours of physical activity every day and should not be sedentary (still) for more than 60 minutes at a time except when sleeping. Turning off the TV and going outside are some of the best ways to get your child moving. Active play inside is the next best thing.

Build Skills

Your preschooler needs at least 60 minutes a day of planned physical activity. Help your child practice skills like jumping, balancing, catching and throwing every day.

Explore Your Community

Getting to know the neighborhood will help your children feel safe and confident. Instead of watching TV on Saturday mornings, take your family for a walk around the block or to a neighborhood park. Check out community events, visit a park, visit friends and be active together.

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Child Health Initiative for Lifelong Eating & Exercise

10 FUN FAMILY ACTIVITIES

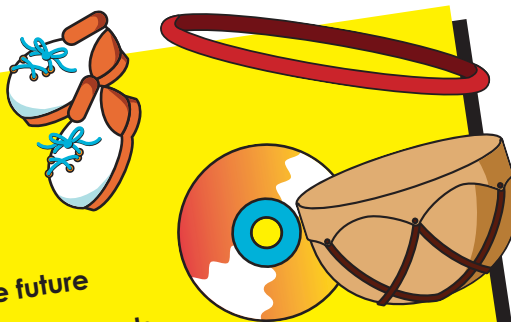
**ACTIVE PLAY...
EVERY DAY!**

- 1 Set up an indoor obstacle course around the house.
- 2 Choose your favorite music and dance.
- 3 Play hide-and-go-seek around the house and yard.
- 4 Hide various treasures around the house for a family treasure hunt. You can use photos of family members or old family memorabilia. Explain the importance of each treasure to your kids to help them understand your family's history.
- 5 Use beach balls and play volleyball.
- 6 When watching TV, get moving during the commercials.
- 7 Make household chores fun by turning on some music while the whole family helps clean the house.
- 8 Pump up the tires on your trikes and bikes and enjoy the great outdoors!
- 9 Walk to Head Start with your preschooler instead of driving.
- 10 Play catch!

Active Play Helps Your Child:

- ☐ feel good about himself
- ☐ sleep better
- ☐ be healthier now and in the future
- ☐ enjoy being around family and friends
- ☐ succeed in school

Children learn through movement. Did you know that you are your child's most important teacher? You can help your children develop skills they can use their whole life by helping them be active.



The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

ASK CHILE STAFF

QUESTION: Help! As soon as my kids get home, they turn on the TV and watch cartoons all afternoon. I'm becoming worried because they would much rather be inside watching TV than going out to play... Will their health be affected? What should I do?

ANSWER: You are not alone. Most parents are concerned that their children have too much "screen time," which includes TV viewing and time in front of the computer. Studies have shown that children who have too much screen time have higher chances of becoming obese and developing diabetes. But there is one thing more attractive to your children than the TV or computer... You! Spend time being active with your children. Play fun games, go to the park, or take them swimming. Before you know it, your children will forget about watching TV, and the whole family will feel the benefits from being active, even you!

