



# ACTIVITY NEWS!

MODULE 3

## 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

## Did you know?

Today's children spend more time sitting than in any other time in U.S. history! Being inactive increases the likelihood of being overweight or obese. And being overweight is linked to many health problems including diabetes, sleep disorders, heart disease and depression. In addition, overweight children are often picked on, or teased by their classmates.



## WINTER GAMES

Don't spend winter days sitting on the sofa watching TV. Try some of these...

### Indoor Obstacle Course

- Set up a simple obstacle course for your child and his or her friends. Use pillows or any other household items that can be used to climb over, crawl under and jump through. Here are some ideas: Crawl under a row of chairs covered with a blanket, step on a path of paper taped to the floor, climb over (or under) a line of string.
- Make sure the course is free from sharp corners and slippery areas, and supervise kids at all times while they are using the course.
- To make the course more exciting, try these ideas: balance a bean bag on your head; wear a big hat and keep it in place; hold two empty cups in each hand. If the objects fall or drop, begin again.
- You can even add silly rules: jump up and down three times after completing certain stations; sing a song at one place on the course. Make up your own silly rules. Encourage the older kids to help your preschooler through the course.

### Build a Snow Family

Snow doesn't mean you should stay indoors! Dress your children in warm and waterproof clothes and have fun in the snow! Build a family of snow people in your front yard – one for each member of the family.

### Mini-Golf in the Cold and Snow!

Is the ground outside covered with snow? Bundle up and stomp down an area for mini golf. Bury plastic cups in the snow for goals. To make it look more summer-y, mix water and green food coloring in a spray bottle, then spray the mixture on the packed snow. Use wacky obstacles to make the course more interesting: toy rings, hula hoops, trash can lids, etc. To make a flag, cut a triangle from cloth or paper, and tape or glue around a pole or stick. Then play golf using a toy golf set or just a rubber ball and broom!

If you don't have enough snow, try laying out a course on the bare ground. Lay the plastic cups on their sides, and keep them in place with heavy rocks, or lodge them between objects such as bushes and stones.

# UNPLUG & PLAY!



Child Health Initiative for Lifelong Eating & Exercise

## HOW TO REDUCE THE AMOUNT OF TIME YOUR PRESCHOOLER SPENDS WATCHING TV

- 1 SET TIME LIMITS.** The American Academy of Pediatrics states that children should watch no more than two hours of TV each day. Make rules about when and what children can watch. Be sure not to allow your children to spend more than two hours in front of the TV or computer. Use an alarm clock or kitchen timer to remind you and your children when their TV time is up! Be consistent with the rules.
- 2 TAKE THE TV OUT OF YOUR CHILD'S BEDROOM.** Research shows that a TV in a child's room puts them at higher risk of being overweight or obese. Taking the TV out of your child's bedroom is the best way to prevent your child from watching too much TV.
- 3 EAT DINNER AT THE TABLE, NOT IN FRONT OF THE TV.** Use this time to show your preschooler appropriate eating behaviors by modeling what and how you are eating. Bringing the family together at meal times is a great time for you to talk with your children and other family members.
- 4 UNPLUG AND PLAY.** You and your children will be surprised at how much fun you can have together when the TV is not on! Play their favorite game or show them one you played as a child.

## HOW TO ENCOURAGE ACTIVE PLAY AT HOME

- 1 SET A GOOD EXAMPLE.** Your children will learn to lead a healthy life by what they see you do. Be physically active and get your kids to join you. Play with your children, go for a walk, put on a dance show for grandma, tumble in the leaves or play catch.
- 2 SET A TIME FOR PHYSICAL ACTIVITY.** Designate a time each day as Active Play Time. Turn off the TV and get moving.
- 3 HAVE AN ACTIVITY PARTY.** Make the next birthday party or family get-together and active one! Try Backyard Olympics or relay races. Go to the nearest playground or park.
- 4 GIVE ACTIVITY GIFTS.** Give gifts that encourage active play, for example: Balls, hula hoops, dance CDs, junior baseball glove and ball, tricycle, mini golf set, musical instruments.

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.

### Every Minute of Physical Activity Adds Up



Walk the dog..... **18min**

Play Hide-and-Go-Seek..... **17min**

Pick up toys ..... **5min**

Make the bed ..... **4min**

Play catch ..... **32min**

Walk to/from Head Start..... **30min**

Treasure hunt..... **14min**

Total: **2hours!**

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.