



ACTIVITY NEWS!

MODULE 7

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

UNPLUG&PLAY!

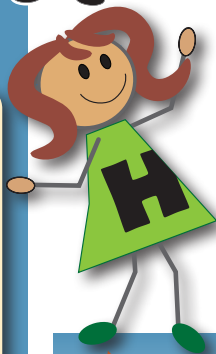
Children spend too much time in front of the TV. Too much TV means too much time sitting. It also cuts into family time, may encourage violence, and has been linked to making children overweight.

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.

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.

Hello Head Start Families and welcome! The CHILE project is a special program at Head Start that helps children be more active at school and at home. On the CHILE project, we like to say, Active Play Every Day! Take a look at this newsletter and the take home kits for ideas about how to be more physically active at home.



→ ACTIVE PLAY EVERY DAY: FAMILY GAMES!

- 1 **ANKLE RUNS:** Find a place to safely run a short distance. Bend over with your feet apart and grab your ankles. Run without letting go of your ankles. For more fun, make an easy obstacle course.
- 2 **BALL RUNS:** Adults must run with a beach ball between their legs, young children just run. If the ball falls out, the child picks it up and keeps running.
- 3 **PRETEND SNOWBALL FIGHT:** Make snowballs by wadding up newspaper. Find a special spot for each player. Start a timer. Throw snowballs into the other players' special spot until the timer goes off. Try to keep all of the snowballs out of your special spot!

Get Heart Healthy



You may think it's too early to worry about heart health for your child. Heart disease is something that happens in the heart and blood vessels. It can start very early in life.

Do more physical activity with your young child, and he/she will have less chance of getting heart disease later in life. Physical activity at this age helps start a lifelong habit of physical activity.

A child that is physically active will...

- listen and participate in school
- sleep better at night
- build healthy bones and muscles
- have better self esteem



UNPLUG&PLAY!





Child Health Initiative for Lifelong Eating & Exercise



BUMP IT UP! Last October we started "Turn off Tuesdays" – one evening a week that the TV doesn't get turned on. How's it going? Did you stick with it? Or did it seem just too hard?

Yes



"Yes, I stuck with it!" Right On!

Congratulations! You are doing a GREAT Job. How about taking the next step and adding a second night? I bet you can do it!

No



"No, we didn't do Turn-off Tuesdays" Try again!

Change is difficult. It takes practice and determination. Think about what the hardest part is for your family. Can you think of a way to overcome those obstacles? Give it a try for the new year! **Tip:** If Tuesdays happen to have all of your favorite shows, pick a different day of the week.

WHILE THE TV IS OFF...

- **Make a Play Date** with another child from Head Start – they can help each other stay away from the TV!
- **Talk** about how being active helps the muscles and heart grow strong.
- **Play** games
- **Be a good role model** and turn off the TV on Tuesdays!

ASK CHILE STAFF...

Help! I know my kids should be more active but we don't have a nice yard for them to play in and I don't want them playing in the road because it's not safe. At least when they are watching TV, I know they are safe. Do you have any ideas about how I can get them to be more active in a safe way?

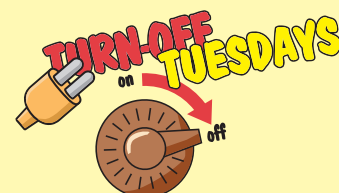
ANSWER: Yes! I'm glad you are thinking about safety and activity for your kids!

TRY SOME OF THESE ACTIVITIES...

- Put on some music and dance
- Go for a family walk
- Visit the school playground
- Play catch with a beach ball
- Plan a special trip with your family – drive to a state park or to Albuquerque for the zoo, and enjoy walking about to see the sights
- Get some friends together and see what ideas they have for being active!



The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico, 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.



TURNING OFF THE TV CAN SAVE YOU MONEY ON YOUR ELECTRICITY BILL!

Ideas for decreasing TV time:

- Pick days of the week as TV-free days (**Like Turn Off Tuesdays!**)
- Turn the TV off during meals
- Move the television – put it some where that it won't be the center of attention
- Listen to music instead of watching TV
- Set limits on TV time
- Only keep one or two TVs in your house. Donate extras to charity

While the TV is off:

- Read to your children
- Draw or color
- Play a game
- Do a puzzle

What else can you do while the TV is off?