



ACTIVITY NEWS!

MODULE 8

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

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.

PLAYGROUND SAFETY...

Active play every day is one of the most important gifts you can give your child. Regular physical activity helps your child be healthy and do better in school. Playgrounds provide fun, fresh air, and exercise. But they also can pose some safety risks. You can make the playground a place that's fun and safe for your kids by checking the equipment and playground surfaces, and following some simple safety rules.

Before Heading to the Playground:

Remove clothing that has drawstrings or other strings that could get caught on equipment. Also remove necklaces, and leave jump ropes at home.

Teach Basic Playground Rules:

- Never push or roughhouse
- Take turns
- Use equipment properly — slide feet first, don't climb outside guardrails, no standing on swings, etc.
- Place bikes, backpacks, and bags away from the play area so that no one trips over them



Be Alert:

- Make sure the equipment is safe for the age and size of your child
- Keep kids away from equipment that is broken, cracked, splintered or rusted
- Look out for objects that stick out and could cut a child or cause clothing to become caught
- Watch for broken glass, twisted metal, or other sharp things
- Keep your child near you. Kids will try crazy things when no one is looking!

Playground Surfaces:

A proper playground surface is one of the most important factors in reducing injuries that occur when kids fall from equipment.

- The surface under the playground equipment should be soft enough and deep enough to soften the impact of a child's fall. About 12 inches is a good guideline for loose fill.

Help keep your playground clean and safe:

- Pick up trash
- Report any equipment or surface problems to the organization that is responsible for the playground





ASK CHILE STAFF

DO CHILDREN "NATURALLY" LEARN BASIC MOTOR SKILLS?



ANSWER: Basic motor skills form the building blocks to specific movements such as those found in sports and games, for example: running, catching, jumping. Many people feel that motor skills "just develop." This is not true. Children need to practice their skills in a safe and supportive environment. Teachers and parents can help children learn their basic motor skills just as they do when they teach them the alphabet and how to count. Research suggests that children can sometimes learn the basics on their own, but without instruction, practice and

feedback from parents and teachers, they are unable to advance to the next level. Spend time with your preschooler and encourage him to practice throwing and catching balls, skipping, hopping, galloping, kicking and jumping!

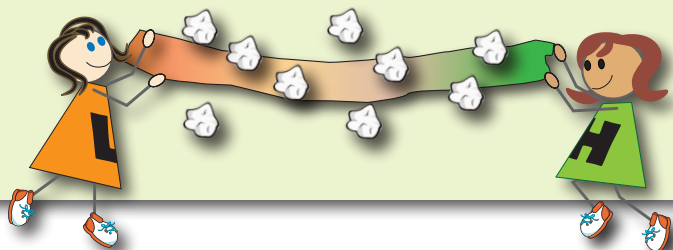
Source: Active Start: A statement of physical activity guidelines for children birth to five years. The National Association for Sport and Physical Education.

GAMES YOU CAN PLAY WITH YOUR CHILD

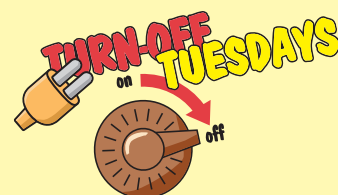
HOT AND COLD: Take turns hiding small objects anywhere in the house and giving hints as other players search. Depending on how close someone is getting to the hidden object, the hints are "burning hot" (very close), hot, warm, cool, cold, and freezing (not close at all).

PILLOWCASE VOLLEYBALL: You and your child each hold one end of a pillowcase. Place a beach ball or foam ball on the pillowcase. Working together, toss the ball into the air and try to catch it with the pillowcase.

THE POPCORN GAME: Roll up balls of newspaper or white paper and place them on a sheet spread out on the floor. Together, pick up sides of the sheet and "pop" the "popcorn" by pulling the sheet up and down. When all of the popcorn has been popped, put it back on the sheet and pop it again!



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.



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

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.

Ideas for decreasing TV time:

- Unplug the TV from the wall outlet
- Hide the remote
- Turn the TV off during meals
- Cover the TV and set out toys
- Turn on the radio if the house is too quiet

While the TV is off:

- Go for a walk
- Dance to the radio
- Practice skills: balance, hop, jump, throw and catch

What else can you do while the TV is off?