



Nutrition and Physical Activity Self-Assessment for Child Care

How to Make Your Home an Active One



Remember, joining your child in active play allows you to reach your physical activity goal of 30 minutes/day and also spend quality time with your family!

Here's Why It's Important...

Children need time to move their bodies! Active play and the outdoors contribute to learning in young children. Social skills blossom as children interact with adults, other children, and even objects found in the environment. Through experiences, encouragement, and instruction children acquire necessary motor skills such as jumping, hopping, galloping, kicking, and throwing. Active play can take place both indoors and outdoors and allows children to use up their energy (which helps when it comes to nap time or bedtime!). Remember to keep active play fun, creative, and noncompetitive for all preschool children!

Activity Recommendations for Your Preschool Child

- Children should accumulate at least 60 minutes of structured activity, which is activity that is led by an adult. The American Academy of Pediatrics recommends that this structured activity be done in 15 to 20 minute bouts.
- Children should accumulate at least 60 minutes and up to several hours of daily, unstructured physical activity, where they choose what to do.
- Children should not be seated for more than 30 minutes at a time except when sleeping or eating.



Ways to Be Active as a Family

Being active is a great way to spend time with your family. You will learn more about your children and they will greatly appreciate the attention from you, even if it's only for thirty minutes.

- ① Set up an obstacle course around the house or in a garage with chairs, trash cans, balls, etc. Have them skip, walk backwards, crawl, bounce or throw a ball in different parts of the obstacle course.
- ① Move to music. Put on music to get your children moving. Mix up the music (some fast, some slow). Props can be added such as scarves or musical instruments. Get children started by stomping, marching, and hopping.
- ① Go on a nature walk. Have children bring a plastic bag to collect leaves, small sticks and acorns. Ask them about each item as they put it in their bag. They can even make a collage with their findings when you get home.
- ① Have a special day(s) of the week, such as Bike Day, Pool Day, Park Day, or (your child's name) Day. Let your children pick any outdoor activity of their choice for that day.
- ① Go sledding on a small slope in the winter. Make snow people, snow structures and snow angels.

It Only Takes a Few Small Changes at Home...

- ① Keep TVs out of children's bedrooms.
- ① Purchase multipurpose and inexpensive toys such as different size balls, hula hoops, jump ropes, scarves, and used tricycles and scooters.
- ① Remove breakable items from your child's room and/or any play rooms. This will allow for more activity without worrying about breaking anything!
- ① Schedule family active play time daily.

For more information, please visit:

http://www.kidshealth.org/parent/nutrition_fit/fitness/fit_preschooler.html

http://www.shapeup.org/fittips/20_tips.php

<http://www.fitcitychallenge.org/Content/m1/Families/PDF/FunFitness.pdf>