



ACTIVITY NEWS!

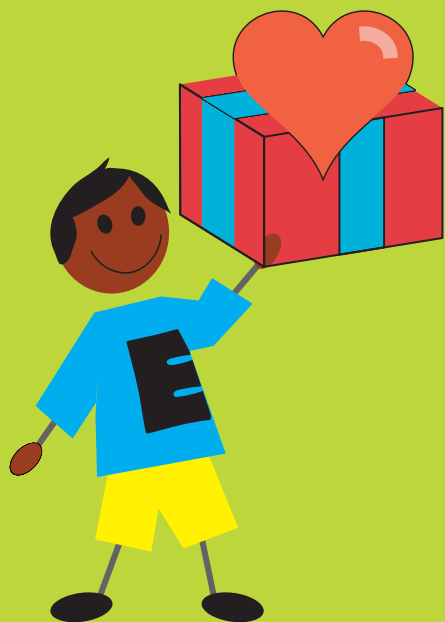
MODULE 2

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

The Gift The Keeps on Giving

Incorporating active play into family events will help your children establish lifelong traditions in physical activity that they can pass on to their own children. What a wonderful gift to give for the holidays!



MAKE THIS HOLIDAY SEASON ACTIVE!

This year, instead of letting family members fall asleep on the sofa after holiday dinners, have your family play fun and active games that every family member can participate in. You will be surprised at how much fun you can have when all family members get involved! Try some of these...

Musical Chairs

Clear a space in a room. Set up two rows of chairs back to back; one chair for each participant. Play music and instruct participants to move around the chairs. When you stop the music, participants need to sit on a chair. With each round, remove a chair so that one person is eliminated each time. You might need to make an exception to the rule for your preschooler!

Make Snow Angels

If there is enough snow on the ground, go outside after dinner and make a family of snow angels. Lie in the snow and move arms and legs out to the side and back into the center. Take photos!

Children's Concert

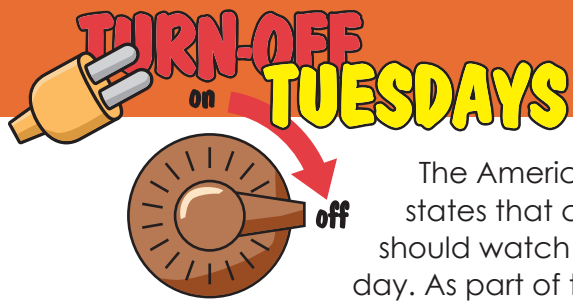
Children love to perform for their family and friends. Help children act in a play or sing along to some holiday music. Your preschoolers might even be able to perform some holiday songs they learned at Head Start.

Limbo

The young and the young at heart always enjoy the classic game of "limbo." Two players hold up a limbo stick (usually a broom handle), and the rest of the players form a line and pass under it. Players are not allowed to touch the limbo stick, and they cannot have any body part but their feet touch the floor. At first this is easy, but after each player has gone under once, lower the limbo stick before the players pass through again. The game continues this way, with the limbo stick being lowered each time. If a player accidentally touches the limbo stick or the floor, he's out. The last player left doing the limbo wins the game.

Dance

Turn on some music and have a dance party!



The American Academy of Pediatrics states that children over the age of two should watch less than two hours of TV per day. As part of the CHILE project, your Head Start children are encouraged to turn off the TV every Tuesday and instead be active, read a book, listen and dance to music, or play games. Talk to your child about how being active builds strong muscles and makes healthy hearts. Play games with your child and be a good role model by turning off the TV on Tuesdays.

ACTIVE PLAY... EVERY DAY!

These days most preschoolers spend large amounts of time watching TV and computer games, but it is not normal for them to be so inactive. Preschoolers are naturally active! Being active is fun, healthy and normal. Encourage your child to be active and watch your child grow up healthy and strong!

- Preschoolers are naturally active
- Support their active lifestyle by helping them have active play every day!
- Be active along with your preschooler
- Encourage more outdoor play and activities
- These healthy activity habits will last a lifetime

Adapted from: *Healthy Start for Life: Promoting Healthy Eating and Physical Activity During the Toddler and Preschool Years*. Accessed 12/13/07 <http://www.dietitians.ca/healthystart/content/resources/lesson4.pdf>



Did you know? Children who have a TV in their bedroom are more likely to be overweight than children who don't have a TV in their bedroom! One of the best ways you can help your child grown up to be healthy and strong is by removing the TV from their bedroom. Spend some time talking about the things that your family can do together instead of watching TV.



Child Health Initiative for Lifelong Eating & Exercise

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Project is a partnership between the University of New Mexico and your Head Start. It is a program designed to reduce the risk of obesity and diabetes in Hispanic and Native American children in New Mexico.

