



ACTIVITY NEWS!

MODULE 5

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

Turn-off Tuesdays:

UNPLUG&PLAY!

- Be active while the TV is off:
- Listen and dance to music
- Play games
- Go for a walk
- Make a Play Date with another child from Head Start. They can help each other stay away from the TV!
- Talk to your child about how playing helps the muscles and heart grow strong.

TIP: If Tuesdays happen to have all of your favorite shows, pick a different day of the week to start with – Any day of the week that the TV stays off is a great day!

WELCOME TO THE NEW SCHOOL YEAR!

The CHILE project is a special program at Head Start that helps teachers add more physical activity during school time. We would also like you to help your child be more physically active. On the CHILE project, we like to say, Active Play Every Day! During the school year, we'll be sending home newsletters and take home kits that are packed with ideas about how to be more physically active at home.

If your child never seems to sit still, remember that physical activity is good for them! Children learn by being active. Research shows that playing active games helps not only their physical development, but their brain development too.



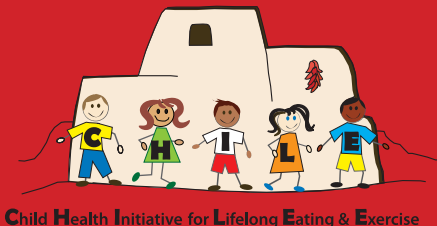
How Much Physical Activity?

Preschool-age children need **at least** 2 hours of physical activity every day!

1 hour structured play
1 hour free, active play
= 2 hours minimum

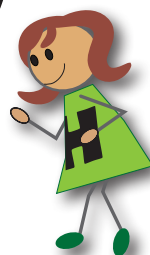
Structured play means following directions and practicing skills. Help your child practice things like jumping, hopping, balancing, catching, throwing, and running.

Remember that preschoolers are naturally active and should not be sitting or lying down for more than 1 hour at one time (except when sleeping!)



Child Health Initiative for Lifelong Eating & Exercise

ACTIVE PLAY EVERY DAY! S A F E L Y



WALKTOBER — Walk your way through October!

Cool fall days are perfect for taking walks. Make a special effort to take your family out on walks. Walking with your family is a great way to enjoy the outdoors, get to know your community, learn about local plants and animals and enjoy time together.

Explore your Community



Walking with the family will help your child feel safe and confident. Instead of watching TV on Saturday mornings, take your family for a walk down the road to a neighbor's house, grandma's house, or a park.

Walking helps everyone

- Feel good
- Sleep Better
- Be healthier now and in the future
- Know the community
- Enjoy being around family and friends
- Succeed in school or at work

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.

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.

Where to Walk

- To or from your Head Start
- To your neighbor's house
- Go on a nature walk
- Ask your friends and family where they like to walk

Make sure to choose an area where you feel safe.

Walking Safety Tips for parents

- Teach your preschooler to never cross the road unless they are with an adult
- Model how to cross the road safely: Stop, look left, right, left before crossing
- Cross the road using a crosswalk where possible
- Know where your child is at all times!

How to prepare

- Wear comfortable walking shoes
- Dress in bright, reflective clothing
- Put on sunscreen

What to bring

- Water bottle
- Snack for longer walks
- Cell phone in case of an emergency
- Insect repellent