

PARENT PAGES

Fitness Is Fun



Play Actively Every Day!

1. Lead by example. Be active yourself.
2. Make play time a family time. Walk, run, and play with your child.
3. Indoor activities you can do with your preschooler:
 - Have a parade and march through the house.
 - Go on a treasure hunt.
 - Play “Hide-and-Seek.”
 - Turn on some lively music and dance.
4. Outdoor activities you can do with your preschooler:
 - Go on family walks.
 - Play games in the yard or park.
 - Walk to a playground and play.
5. Help your child get enough sleep. Children need sleep to learn, grow and play.
6. For more ideas go to:
<http://www.choosemyplate.gov>

Today at child care your child learned why being active is important to good health. Moving and being active helps your child stay healthy and grow strong. Children love to move! Children also sleep better when they have been active. Drink water instead of sugary drinks when you are thirsty after being active.

Strawberry Yogurt Popsicles

Yield: 12 popsicles

Serves: 12 adults

Ingredients

2 cups low-fat vanilla yogurt
2 cups chopped fresh or frozen strawberries.

Steps

1. **Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks, and a roll of tin foil.**
2. **Combine yogurt and strawberries. Mix well.**
3. **Fill cups with mixture.** Cover cups with plastic wrap or tin foil.
4. **Insert a wooden stick through the plastic wrap or tin foil.**
5. Freeze popsicles.
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).



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Children love to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. Try these tips to help your child enjoy active play time:

- ➔ **Take it outside.** Bring your child outside every day to play. Children are more active when they play outside.
- ➔ **Play lively music.** Children and grown-ups find it hard to resist dancing when lively music is playing.
- ➔ **Have things on hand for your child to play with.** Toys that encourage your child don't have to cost any money. How many of these "toys" do you have around your house?
 - Plastic coffee can lids (Frisbee™)
 - Crunched newspaper balls (to toss and kick)
 - Rolled up socks and a laundry basket (for tossing games)
 - Bandanas or dish towel (dance streamers)
 - Toilet paper or paper towel tubes (bowling pins)

Activity Scoreboard

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoors Play							
Indoors Play							

Directions: Draw a smiley face 😊 in each box for every day your child enjoyed active free time outdoors and indoors.

Adapted from Eat Well Play Hard with Day Care Homes Curriculum.