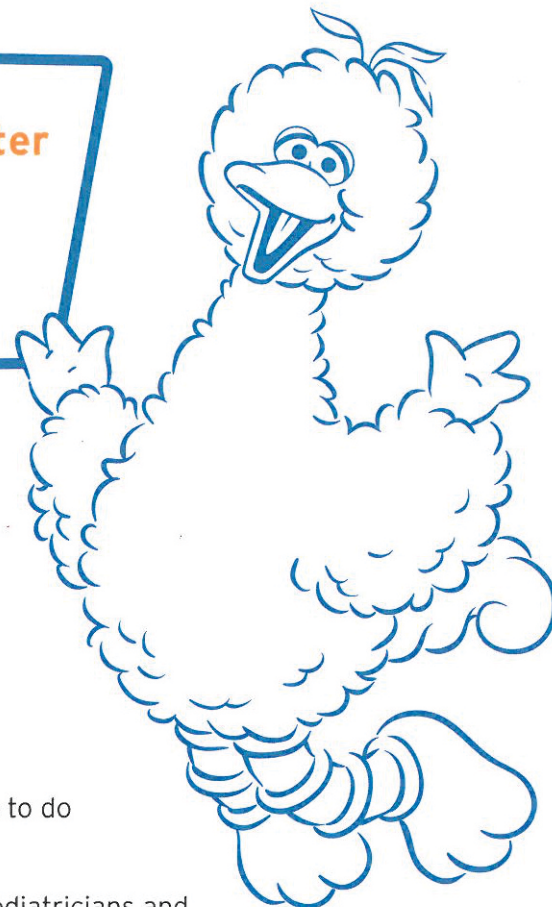


healthy Family Newsletter habits for life™



Hello, families!

In our program, we are moving to keep our bodies strong and healthy!

In the program, children have been:

Learning about different body parts, exploring their heartbeat, and breathing and discovering ways to stay active – even on rainy days.

As they move and explore, children are also learning about shapes, colors, sequencing, and rhyming.

* Did You Know?

When children play, they're practicing important skills, such as running, throwing, and kicking.

Once they master those, they can move on to more difficult skills, like hopping on one foot. Lots of play time means lots of time to practice. Before you know it, your child will be saying, "Look at what I can do!"

Children are learning that something they already love to do is also very good for them.

You can help at home! Pediatricians and health experts agree that children need at least 60 minutes of physical activity every day. (Preschoolers will not usually understand time in this way. They just need to focus on moving and playing as much as possible every day.)

Be active right from the start.

→ **J Is for...** Make jumping jacks part of your morning routine. At some point before leaving the house, say, "J is for jumping jacks!" and count along as your child does 10 jumping jacks. Do the same for other letters of the alphabet.

Stairs can be a healthy way to travel!

→ **Up, Up, and Away** Forget about the elevator or escalator – take the stairs. Walk when you can, or hold hands and move really fast with your child as you "run" your errands.

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