

children need to play and move their bodies everyday



All children like to play.
To play and move their bodies
is good for their health.



Make sure your children are active for 60 minutes every day. If they are then they will:

- ☆ Be less apt to misbehave and get into trouble
- ☆ Have a healthy weight and not become overweight
- ☆ Sleep better
- ☆ Get better grades in school
- ☆ Be more coordinated in their movements
- ☆ Be happier and healthier



Part of the 60 minutes in which they are active can be spent playing.

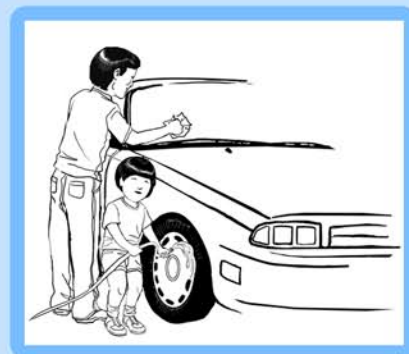
Where can you take your children to play?

- the sidewalk
- a school playground
- a park
- the backyard of your home
- a wide driveway when it isn't being used
- the YMCA, the Girls or Boy's Club
- a parking lot when it isn't being used
- open space by a church or temple

Helping around the house is also a way for your children to be active during the day.

Write down some of the ways that your children can assist you around the house. Talk to your children about doing the things you have written down.

1. _____
2. _____
3. _____





Make time for your children and play with them!
These times will build lifelong memories and a strong relationship
between you and your child.



Parents and children need to spend time having fun together.

Think about taking your children to:

- a public park for hiking, biking, kite flying or for a game of frisbee
- a public swimming pool for water play
- the zoo to see the animals
- a farmer's market
- a lake or beach to hike a trail, wade in the water or explore a stream
- a picnic at a park on a nice day

Or having fun together at home by:

- washing the car together
- planting and caring for a small garden
- walking around your neighborhood
- taking a ride on a bus or the subway



Set up an area in your home where your children can play games and be active.
Instead of expensive computer games buy inexpensive toys that promote active play.

- jump rope
- hoola hoop
- big, round ball
- soccer ball
- frisbee
- kite
- bubbles
- sidewalk chalk

You can also create toys for your kids

- fake microphone for singing and moving to music
- empty cardboard boxes for stacking and building
- old tires for rolling

If your kids are older, you can buy them

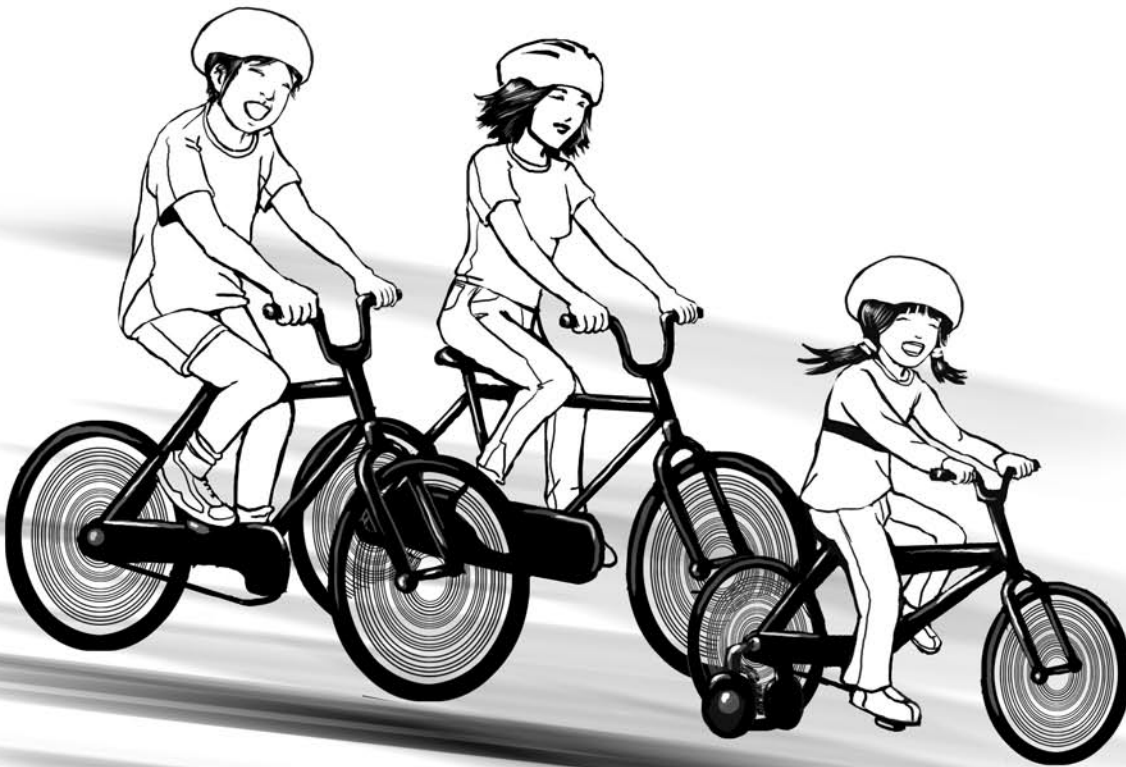
- a badminton set
- roller skates/blades
- bikes
- a tennis racket



Have your children check off the toys on the list above that they do not have. Have them number the toys in the order they wish to receive them, giving number 1 to the toy that they want the most. This way you know your child's favorite toys.

If your children do not spend time playing and being active they may:

- Become restless and act out
- Cry or be sad
- Be too tired to help around the house or do their homework
- Get sick frequently
- Become overweight
- Have a difficult time keeping up with other children when running, dancing or throwing and catching ball
- Spend too much time watching TV or on the computer



**Be Active Yourself.
Everything You Do, Your Child Sees and Does.**

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talk & listen

to your children

Listening to your child can give you clues to what activities they enjoy.

Make some time to talk and listen to your children about

- things they like to do
- places they would like to go to on weekends
- games they would like to play with you
- activities they would like to learn

Have each of your children fill in the blanks below. If a child is not old enough to fill it out, ask them the questions and write down their answers.

A song I would like to teach my family to sing and dance to: _____

This is an activity/sport that I would like to learn: _____

This is a place I would like my parents to take me to on the weekend: _____

This is a game I love playing with my parents: _____

I would like my mom do this with me: _____

This is a CD I would like to get on my birthday that I can dance to: _____

I would like to teach my parents how to play this: _____