

# Healthy Beginnings



# Play Together



Shasta Head Start

# Let's Play

## Set limits on screen time



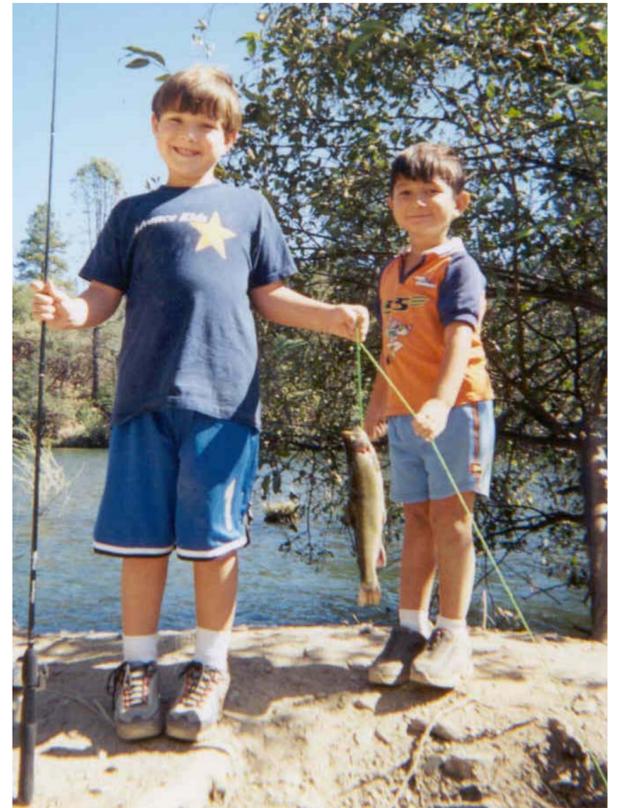
- ◆ Keep TVs out of bedrooms.
- ◆ Instead of watching Saturday morning cartoons, go to the park or build an obstacle course in your living room.
- ◆ Make a family agreement to limit TV, video games, and computer game time to less than 2 hours a day.
- ◆ Play with a ball instead of a video game.

## Take Time to Play Together

# What can parents do to help?

## Make family time an active time

- ◆ Try new things as a family - go ice skating or play miniature golf
- ◆ Encourage your child to play outside everyday
- ◆ Introduce your child to activities they can enjoy throughout life
- ◆ Be an active role model - fit activity in your daily routine
- ◆ Buy toys and gifts that encourage physical activity



**Take Time to Play Together**

# How much activity does your child need?

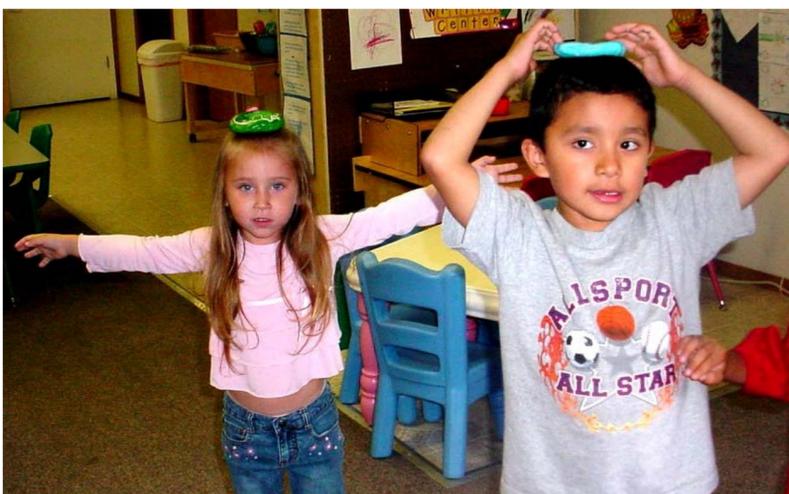
## Play and explore often

**Children need at least 60 minutes of physical activity every day**



- ◆ Limit inactivity to no more than one hour at a time (except for naps)

- ◆ Provide children with the opportunity to do a structured physical activity on most school days



- ◆ Give children many chances to learn and practice physical activity skills

**Take Time to Play Together**

# Physical activity and your child

## Children are naturally active



- ◆ Children need to experience a variety of physical activities.
- ◆ Children may learn to be *inactive* if they are not given enough opportunities to be active when they are young.
- ◆ Children who are physically active with their families are more likely to be active as adults!

**Take Time to Play Together**

# Why is physical activity important for your child?

## Children learn through play

Doing and seeing new things helps your child's brain develop.

### Social & Emotional Development

Physical activity helps your child learn about:

- ◆ Sharing, imagination, & problem solving
- ◆ Words, feelings, thoughts & independence



### Motor Development

Physical activity helps your child:

- ◆ Build strength & coordination
- ◆ Learn to catch, hop, gallop, throw, skip, kick, roll, climb, & dance

### Self Esteem

When children are successful at being physically active, it builds their self esteem!



**Take Time to Play Together**

# Family Activities



- ◆ Walk after dinner
- ◆ Ride a bike
- ◆ Hike
- ◆ Play catch or frisbee
- ◆ Swim
- ◆ Build an obstacle course
- ◆ Dance
- ◆ Stretch
- ◆ Fish
- ◆ Walk the dog
- ◆ Do yard work
- ◆ Sled
- ◆ Clean the house
- ◆ Fly a kite
- ◆ Play tag
- ◆ Build a fort in your yard
- ◆ Skate
- ◆ Play at the park
- ◆ Run through the sprinkler
- ◆ Garden



**Take Time to Play Together**