

# Idaho Fit Kids = Happy Kids



## Get Them Moving!



Children learn and grow by **doing**. They improve their skills through **activity**. Active children learn better, deal better with frustrations and have better coordination. Did you know that:

- \* Children spend 30 hours a week watching TV or playing video games.
- \* One in five children is overweight. Also, diabetes, high blood pressure and high cholesterol are even showing up in preschoolers.
- \* Inactive children often become overweight teens.

You may wish that your child would slow down! However, children need 1 to 2 hours *or more* of activity each day. Here are some ideas to keep your child quiet and ways to get your child moving. These activities cost little or nothing, need little room and many can even be done inside.

### Active Time

- \* Have your children play with toys that will make them move: Scooters, bikes, push toys, etc.
- \* Plan family outings: take a walk, adopt a highway, park or beach to keep clean, find free swimming pools and playgrounds, make a play area (with a mat or blankets) in the house where jumping and tumbling are allowed.
- \* Have your children help with chores. Make it *fun!* Feed the alligator (putting clothes in laundry), chasing away the dust bunnies (sweeping).
- \* Dance to music or do exercise videos with your child.
- \* Play active games with your child: jump rope, obstacle course cardboard boxes, musical chairs, active "Simon Says," tag, water pistols, races, dodge ball, play "be an animal" (imitate motions of a frog, kangaroo, bird, dog, duck, etc.), hopscotch, hide and seek, outside nature walk. (Ask your child to look for rocks, birds, squirrels, etc.)

### Quiet Time

- \* Blocks or Legos
- \* Books (read to your child)
- \* Painting/drawing/coloring
- \* Puzzles/play dough
- \* Crafts
- \* Flash cards/game cards
- \* Board games
- \* Watch educational videos or TV with your child.

When parents are busy doing other things, children must learn to play by themselves. Your child can have fun doing simple things like playing with the pots and pans in a safe place. Rather than turn on the TV, give your child toys that challenge his creativity and imagination.

Children learn the least when they are entertained by TV. They learn more by using their muscles and their minds. They learn best by playing and interacting with *you*.

***Remember: Active time is as important to your child's development as good nutrition!***



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