

Traveling Locker Room: Stash a box in the family car that holds balls, baseball gloves, a jump rope, frisbee, kite, yo-yo, etc.

At Home: Children are naturally full of energy and they like to help. Encourage responsibility and get the house clean by giving children regular jobs.

Outdoor jobs:

- bagging leaves
- brushing the dog
- sweeping the driveway
- gardening
- mowing
- raking leaves
- vacuuming the car
- walking the dog
- washing the car
- weeding in the garden
- watering the plants



Indoor jobs:

- cleaning the bedroom
- cooking
- dusting
- folding clothes
- making beds
- picking up toys
- playing with the cat/dog
- sweeping the floor
- vacuuming
- washing dishes
- unloading the dishwasher
- recycling
- taking out the garbage

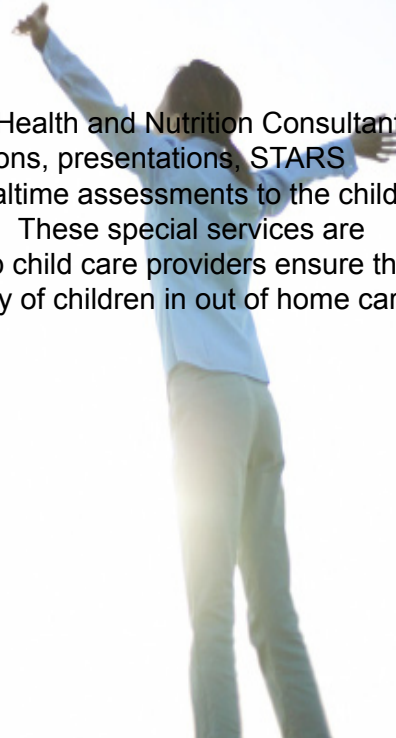


Reward children for their help by doing something active together; a bike ride, walk to the park, swim at the local pool, outdoor hide-and-seek or shooting hoops.

Snohomish Health District Mission Statement

To improve the health of individuals, families and communities through disease prevention, health promotion, and protection from environmental threats.

The Child Care Health and Nutrition Consultant offers consultations, presentations, STARS training and mealtime assessments to the child care community. These special services are designed to help child care providers ensure the health and safety of children in out of home care settings.



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY

Child Care Health and Nutrition Consultant

3020 Rucker Avenue, Suite 206

Everett, WA 98201-3900

425.339.8697, Direct Line

425.339.5230 Community Health

childcarehealth@shd.snohomish.wa.gov

CHILD CARE HEALTH

▶ **Just Move It!**



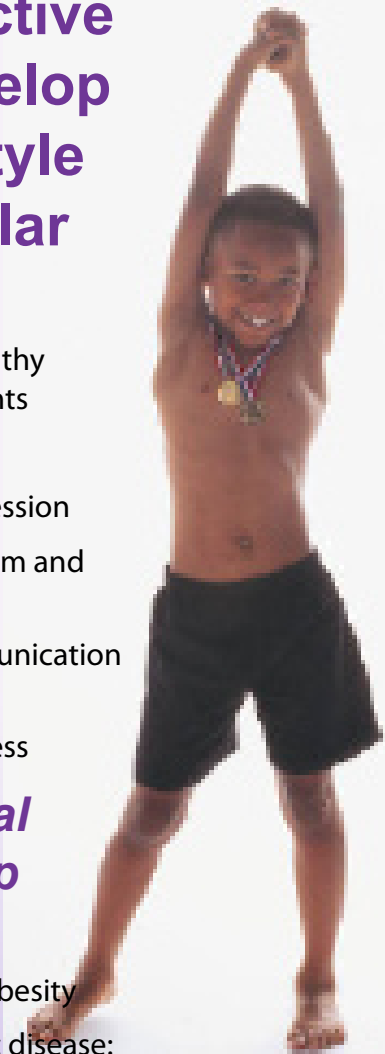
**SNOHOMISH
HEALTH
DISTRICT**

Physically active children develop healthy lifestyle habits. Regular activity can:

- Build and maintain healthy bones, muscles and joints
- Improve fitness
- Decrease stress & depression
- Contribute to self-esteem and learning
- Support social & communication skills
- Enhance school readiness

Regular physical activity can help families....

- Control overweight & obesity
- Decrease risk of chronic disease: diabetes, hypertension, & heart disease
- Feel energized
- Have fun together



Children Need to Move Often

Health care providers agree that regular physical activity makes and keeps children healthy. Daily physical activity builds strong muscles and bones. Activity lasting for at least 20 – 30 minutes improves fitness, controls weight, and contributes to positive body image. Regular movement throughout the day gives kids the opportunity to learn and explore their world through games and play. It also helps children learn important social skills.

Any activity that gets kids off the couch or away from the screen has health benefits. Physical activity guidelines from the American Academy of Pediatrics state:

- **Children less than two should not watch any TV.** Babies' brains develop rapidly during the first three years. Their brains are developing so fast that any wakeful time should be spent exploring and learning about their physical world and the people in it.
- **Limit TV and screen time to less than 2 hours a day for children over 2.** Too much screen time can interfere with activities that help create healthy minds and bodies.
- **Children need at least 30 to 60 minutes of structured activity and no less than an hour of free play everyday.** Structured activities depend on adult role modeling. When adults guide an activity they help children learn physical skills and demonstrate alternatives to screen time. Unstructured activities include all kinds of safe games and play that are child led and use imagination and creativity.



Physical Activity, It's a Lifestyle

Create an active-friendly home. Remember, any movement that is not sitting in front of a TV, DVD or computer gets the brain moving as well as the body.

Indoor Fun: Even indoors, kids need to move. Small movements like putting puzzles together, playing a board game or cards, constructing with manipulatives and drawing/coloring contribute to fine motor skill development and hand eye coordination. Stretching and yoga improve balance and help children regain focus after sitting for awhile. Designate a space where kids can roll, climb, jump, dance, and tumble. Indoor activities include hula hoops, jumping rope, soft ball toss, bean bags, twister, indoor basketball, yo-yo's, magnetic dart board, or chin-up bar. On rainy days turn the garage into a dance hall, gymnasium, or bowling alley.

Outdoor Fun: Outside is ideal for big movement that helps develop fitness (strength, flexibility, and endurance) such as walking, running, climbing, jumping, hopping, gliding, and rolling. Fun outdoor toys include: bikes, frisbee, kite, monkey bars, rope swings, small ladders, sandbox, old rubber tires, skates, sprinklers, jump ropes, and balls for baseball, basketball, tennis, and soccer.

Walk and Talk: Instead of sitting at the table to do homework, take a walk while practicing spelling words, multiplication tables, or geography facts. Go on a scavenger hunt and find the signs of the season.