



Play Actively Every Day!

1. Set a good example. Be active yourself.
2. Make family time active time. Play together with your child.
3. Offer water when your child is thirsty and after active play time.
4. Use the chart on the back and try the tips for active play.
5. Limit screen time and time spent on other digital media to no more than one hour per day. Stand and move during commercials or advertisements.
6. Help your child get the sleep they need. Keep the TV out of the bedroom. Read a story to your child before nap or bed time.
7. For more ideas, go to www.choosemyplate.gov/preschoolers

Today your child learned why being active is important to good health.

Being active helps your child stay healthy and grow strong. It helps them have better motor skills, focus and sleep. Children love to move and play, but they need the time and place to do so. Be active and your child will too.

Just Peachy Popsicles

Makes: 12 popsicles

Ingredients

- 2 cups fat-free or low-fat vanilla yogurt
- 2 cups chopped peaches (fresh, frozen, or canned in their own juice)
- 12 (3 ounce) paper cups (or popsicle molds)
- 12 wooden popsicle sticks
- Foil or plastic wrap

Steps

1. **Combine** yogurt and fruit. **Blend, mash or mix well.**
2. **Fill** paper cups or popsicle molds close to the top with the mixture. **Cover** the cups with foil or plastic wrap and insert a popsicle stick into the center of each cup.
3. Place the cups in the freezer for 4 to 6 hours or until popsicles are solid.
4. To serve, remove cup from the freezer. Place bottom of each cup under warm running water for 20 seconds to loosen, then tear the paper cup away from the popsicle.
5. **Enjoy!**

Have your child help you do the bold steps.

Tips

Other fruits such as blueberries, strawberries, mango and pineapple may be used as well.

Fitness is Fun



Children love to climb, crawl, run, jump, swing, tumble, twist, dance, stretch, and pedal. Try these tips to help your child enjoy active play time:

- **Take it outside.** Bring your child outside every day to play and explore. Children are more active when they play outside.
- **Bring it inside.** Fill the day in the home by dancing to music; acting out stories; doing fun exercises and yoga; playing tossing games with soft “balls”; creating obstacle courses and safe tumbling areas; and turning housework into a fun game.
- **Keep it free and simple.**
 - Plastic coffee can lids (flying discs)
 - Empty plastic bottles (bowling pins)
 - Pillows, cushions and large boxes (tumbling, obstacle course)
 - Rolled up socks and a laundry basket (tossing games)
 - Bandanas or dish towels (dance streamers)
- **Do it for your family’s health.** Lack of physical activity and too much screen time can harm your child’s health. Use your parent power to help your child grow to become their best.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoor Play							
Indoor Play							

Directions

Help your child put a sticker (or draw a smiley face 😊) in a box each time you and your child enjoy active time. Be glad for the nice time you’ve spent together.

Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.