

(Put your Child Care Here) Newsletter



CHILD CARE
MEALTIME & ACTIVE PLAY
PARTNERSHIPS

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<http://cals.uidaho.edu/mealtimeandactiveplay/>



Active Play News

What is Active Play and Why is it *Important* to Children's Development?



Through play, children build a foundation for learning as they interact with people and the world around them. For children, being physically active consists of active playing. Play improves all aspects of children's well-being: developmentally, physically, socially, and emotionally. When we, as adults, think of being physically active, we think of jumping up and down in an aerobics class or running on a treadmill at the gym. For young children play is simply spontaneous activities through which they learn. Through active play, children explore their world and optimize their brain development.

The USDA defines active play as anything that gets your child moving! Small steps to a healthier lifestyle through physical activity can make a world of difference!

When children engage and participate in active play, they are:

1. Learning to socialize with others
2. Learning about problem solving
3. Building confidence and self esteem
4. Using their imaginations and creativity
5. Improving coordination
6. Working their bodies and
7. Just plain having fun!

Adults need to give children opportunities for Active Play. This is easy to do! Active play is anything that encourages and provides children with opportunities for physical development. Below are some suggestions to support your child in active play.

- Provide children with both structured and unstructured "free" time to actively play.
- Provide simple and safe equipment, such as jump ropes and balls to develop coordination skills and encourage physical activity.
- Get involved by providing your child with your time and guidance (play tag, go swimming, or go on a walk or bike ride together).

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Remember active play for children is usually sporadic and each child is different in their abilities. Focus on having fun!

To learn more about the great benefits of active play and physical activity visit the My Pyramid website at
<http://www.mypyramid.gov/preschoolers/PhysicalActivity/index.html>