

# (Put your Child Care Here) Newsletter



CHILD CARE  
MEALTIME & ACTIVE PLAY  
PARTNERSHIPS

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



## Active Play News

Finding a Balance; Incorporating Active Play in today's busy lifestyle.



*Play is such an important and essential component to optimal child development that the United Nations High Commission for Human Rights recognizes it as a right of each and every child.*

Young children are physically active in different ways and for different reasons than adolescents and adults. It is essential for active play to be promoted and encouraged both at home and at school (childcare, preschool, etc). A balance is needed between the common, hurried lifestyle we have all become accustomed to and the unique developmental benefits of childhood and play. Time is precious but remember *so is childhood*.

Despite the tremendous value of active play, many factors in today's society influence the quantity and quality of play - competing demands, lack of time, resources, inactive role models (parents and care givers), lack of support and encouragement, limited opportunity, safety, equipment, and weather to name a few.

Active play is easy and can be incorporated in many daily routines including family chores. Include children by focusing on fun. Invite them to participate in play based activities as well as offering alternative active options such as after school programs, gyms, dance classes, play dates, etc. By being active and limiting sedentary time in front of the TV or computer, children start off on the right path towards a long and healthy life.

House hold chores that children can participate in actively, they are:

1. Sweeping the floor
2. Washing windows, cabinets, furniture
3. Sorting recyclables and Tupperware
4. Gardening
5. Watering plants

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Remember that many cleaning supplies contain harmful chemicals and young children should not have access to them - instead use water. Additionally child sized equipment (brooms, mops, shovels, buckets, etc.) can be found at many local stores. Focus on having fun and being together!

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>