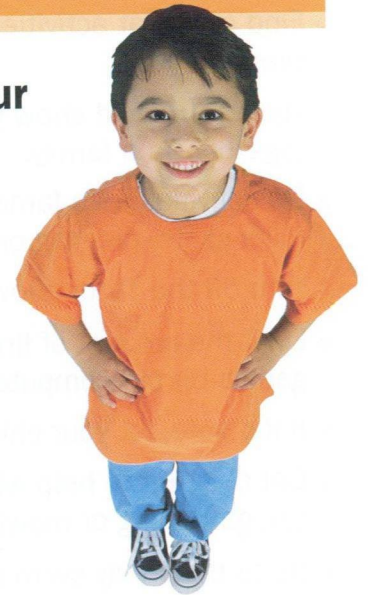


Your child needs to be active every day.

Getting at least 1 hour of activity every day will help your child grow up healthy. An active child:

- » Sleeps better at night
- » Has a healthy weight
- » Grows strong bones and muscles
- » Feels better about themselves
- » Gets along better with other kids
- » Has more confidence when playing games and sports
- » Does better at solving problems and thinking about things
- » Does better in school



You can make active time more fun for your preschooler.

Your pre-school child will be active most of the day without needing help from you. You can make it more fun by planning an hour of fun activities every day. Here are some ideas:

- » Limit TV to 30 minutes each day or turn it off.
- » Play games like Simon Says, Chase, Tag, Hopscotch, Red Light – Green Light.
- » Show your child how to ride a tricycle – don't forget the helmet!
- » Put on some of your favorite music and dance around together.
- » Take your child to the local park and let them use their imagination as they explore and run around.
- » Join tumbling or dance classes offered by the Y or recreation department in your town.
- » Team up with other parents who have preschoolers and arrange for play dates.
- » Walk the family dog together.
- » Take your child outside and give them room to run and holler.



Keep your preschooler safe.

Preschoolers are very active and every day is an adventure. They need to be watched every moment because they haven't learned how to be safe. Make sure your child wears a helmet when riding a tricycle and do safety checks on the play equipment.