

To: Head Start Parents and Caregivers,

Did you know? Machines of every kind make us less active. If you want to be active, you have to try extra hard. Just a little bit of extra activity makes a difference. So skip the drive-thru restaurants and hide your TV remote control. Start healthy habits with your kids while they are young. Help your children play, rather than watch TV, and you will see the benefits too!



Child Health Initiative for Lifelong Eating & Exercise

ACTIVE PLAY... EVERY DAY!



TELL AN ACTION STORY...



Action stories are a fun way to be active together. Try one with your child. You might find that they like it better than watching action movies!

Children love it when you tell them stories. Tell a story that has lots of action words like walk, reach, jump, roll, whisper, wiggle...there can be lots of actions in a story!

SPECIAL WORD...

Pick a special word for your story, like **blue**. Every time you say **blue**, your child has to do a move, like jump or touch their toes – think of something fun. Say the favorite word lots of times in your story. Help your child recognize it easily by saying it slowly.

Challenge: While you are telling the story, do the special moves with your child!

