CHILE PROJECT GOALS

- Families will eat more fruit, vegetables, and foods made with whole grains
- Families will eat less sugar and high-fat foods
- Families will be more physically active
- Families will watch less TV

PLAYGROUND SAFETY...

Active play every day is one of the most important gifts you can give your child. Regular physical activity helps your child be healthy and do better in school. Playgrounds provide fun, fresh air, and exercise. But they also can pose some safety risks. You can make the playground a place that’s fun and safe for your kids by checking the equipment and playground surfaces, and following some simple safety rules. If you can make the play area safe, they are less likely to get hurt.

Before Heading to the Playground:

Remove clothing that has drawstrings or other strings that could get caught on equipment. Also remove necklaces and leave jump ropes at home.

Teach Basic Playground Rules:

- Never push or roughhouse
- Take Turns
- Use equipment properly — slide feet first, don’t climb outside guardrails, no standing on swings, etc.
- Place bikes, backpacks, and bags away from the play area so that no one trips over them

Be Alert:

- Make sure the equipment is safe for the age and size of your child
- Keep kids away from equipment that is broken, cracked, splintered or rusted
- Look out for objects that stick out and could cut a child or cause clothing to become caught
- Watch for broken glass, twisted metal, or other sharp things
- Keep your child near you. Kids will try crazy things when no one is looking!

Playground Surfaces:

A proper playground surface is one of the most important factors in reducing injuries that occur when kids fall from equipment.

- The surface under the playground equipment should be soft enough and deep enough to soften the impact of a child’s fall. About 12 inches is a good guideline for loose fill.

Help keep your playground clean and safe:

- Pick up trash
- Report any equipment or surface problems to the organization that is responsible for the playground
What else can you do while the TV is off?

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Project is a partnership between the University of New Mexico and your Head Start. It is a program designed to reduce the risk of obesity and diabetes in Hispanic and Native American children in New Mexico.

Ideas for decreasing TV time:
• Unplug the TV from the wall outlet
• Hide the remote
• Turn the TV off during meals
• Cover the TV and set out toys
• Turn on the radio if the house is too quiet

While the TV is off:
• Go for a walk
• Dance to the radio
• Practice skills: balance, hop, jump, throw and catch

What else can you do while the TV is off?

Turning off the TV can save you money on your electricity bill!

**ASK CHILE STAFF**

DO CHILDREN “NATURALLY” LEARN BASIC MOTOR SKILLS?

**ANSWER:** Basic motor skills form the building blocks to specific movements such as those found in sports and games, for example: running, catching, jumping. Many people feel that motor skills “just develop.” This is not true. Children need to practice their skills in a safe and supportive environment. Teachers and parents can help children learn their basic motor skills just as they do when they teach them the alphabet and how to count. Research suggests that children can sometimes learn the basics on their own, but without instruction, practice and feedback from parents and teachers, they are unable to advance to the next level. Spend time with your preschooler and encourage him to practice throwing and catching balls, skipping, hopping, galloping, kicking, striking and jumping!

**Source:** *Active Start: A statement of physical activity guidelines for children birth to five years. The National Association for Sport and Physical Education.*

**GAMES YOU CAN PLAY WITH YOUR CHILD**

**HOT AND COLD:** Take turns hiding small objects anywhere in the house and giving hints as other players search. Depending on how close someone is getting to the hidden object, the hints are “burning hot” (very close), hot, warm, cool, cold, and freezing (not close at all).

**PILOWCASE VOLLEYBALL:** You and your child each hold one end of a pillowcase. Place a beach ball or foam ball on the pillowcase. Working together, toss the ball into the air and try to catch it with the pillowcase.

**THE POPCORN GAME:** Roll up balls of newspaper or white paper and place them on a sheet spread out on the floor. Together, pick up sides of the sheet and “pop” the “popcorn” by pulling the sheet up and down. When all of the popcorn has been popped, put it back on the sheet and pop it again!

**TURN-OFF TUESDAYS**

**TURNING OFF THE TV CAN SAVE YOU MONEY ON YOUR ELECTRICITY BILL!**

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