**WELCOME TO THE NEW SCHOOL YEAR!**

The CHILE project is a special program at Head Start that helps teachers add more physical activity during school time. We would also like you to help your child be more physically active. On the CHILE project, we like to say, Active Play Every Day! During the school year, we’ll be sending home newsletters and take home kits that are packed with ideas about how to be more physically active at home.

If your child never seems to sit still, remember that physical activity is good for them! Children learn by being active. Research shows that playing active games helps not only their physical development, but their brain development too.

**Turn-off Tuesdays:**

**UNPLUG & PLAY!**

- Be active while the TV is off:
- Listen and dance to music
- Play games
- Go for a walk
- Make a Play Date with another child from Head Start. They can help each other stay away from the TV!
- Talk to your child about how playing helps the muscles and heart grow strong.

**How Much Physical Activity?**

Preschool-age children need **at least** 2 hours of physical activity every day!

1 hour structured play
1 hour free, active play

= 2 hours minimum

Structured play means following directions and practicing skills. Help your child practice things like jumping, hopping, balancing, catching, throwing, and running.

Remember that preschoolers are naturally active and should not be sitting or lying down for more than 1 hour at one time (except when sleeping!)

**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

**TIP:** If Tuesdays happen to have all of your favorite shows, pick a different day of the week to start with – Any day of the week that the TV stays off is a great day!
Walking helps everyone

• Feel good
• Sleep Better
• Be healthier now and in the future

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