Hello Head Start Families and welcome! The CHILE project is a special program at Head Start that helps children be more active at school and at home. On the CHILE project, we like to say, Active Play Every Day! Take a look at this newsletter and the take home kits for ideas about how to be more physically active at home.

Active Play Every Day: Family Games!

1. **Ankle Runs:** Find a place to safely run a short distance. Bend over with your feet apart and grab your ankles. Run without letting go of your ankles. For more fun, make an easy obstacle course.

2. **Ball Runs:** Adults must run with a beach ball between their legs, young children just run. If the ball falls out, the child picks it up and keeps running.

3. **Pretend Snowball Fight:** Make snowballs by wadding up newspaper. Find a special spot for each player. Start a timer. Throw snowballs into the other players’ special spot until the timer goes off. Try to keep all of the snowballs out of your special spot!

Children learn through movement.

Did you know that you are your child’s most important teacher? You can help your children develop skills they can use their whole life by helping them be active.

Children that are physically active will:

- listen and participate in school
- sleep better at night
- build healthy bones and muscles
- have better self esteem

Get Heart Healthy

You may think it’s too early to worry about heart health for your child. Heart disease is something that happens in the heart and blood vessels. It can start very early in life. Do more physical activity with your young child, and he/she will have less chance of getting heart disease later in life. Physical activity at this age helps start a lifelong habit of physical activity.

A child that is physically active will...
What else can you do while the TV is off?

Ideas for decreasing TV time:

• Pick days of the week as TV-free days (Like Turn Off Tuesdays!)
• Turn the TV off during meals
• Move the television – put it somewhere that it won’t be the center of attention
• Listen to music instead of watching TV
• Set limits on TV time
• Only keep one or two TVs in your house. Donate extras to charity

While the TV is off:

• Read to your children
• Draw or color
• Play a game
• Do a puzzle

What else can you do while the TV is off?

Remember - children should not watch more than two hours of TV a day!

ASK CHILE STAFF...

Help! I know my kids should be more active but we don’t have a nice yard for them to play in and I don’t want them playing in the road because it’s not safe. At least when they are watching TV, I know they are safe. Do you have any ideas about how I can get them to be more active in a safe way?

ANSWER: Yes! I’m glad you are thinking about safety and activity for your kids!

TRY SOME OF THESE ACTIVITIES...

• Put on some music and dance
• Go for a family walk
• Visit the school playground
• Play catch with a beach ball

• Plan a special trip with your family – drive to a state park or to Albuquerque for the zoo, and enjoy walking about to see the sights
• Get some friends together and see what ideas they have for being active!

BUMP IT UP! Last October we started “Turn off Tuesdays” – one evening a week that the TV doesn’t get turned on. How’s it going? Did you stick with it? Or did it seem just too hard?

“Yes, I stuck with it!” Right On! Congratulations! You are doing a GREAT Job. How about taking the next step and adding a second night? I bet you can do it!

“No, we didn’t do Turn-off Tuesdays” Try again! Change is difficult. It takes practice and determination. Think about what the hardest part is for your family. Can you think of a way to overcome those obstacles? Give it a try for the new year! Tip: If Tuesdays happen to have all of your favorite shows, pick a different day of the week.