Help keep your playground clean and safe:

- About 12 inches is a good guideline for loose fill. Enough and deep enough to soften the impact of a child's fall.
- The surface under the playground equipment should be soft.
- Injuries that occur when kids fall from equipment. A proper playground surface is one of the most important factors in reducing injuries.

Playground Surfaces:

- Is level.
- Keep your child near you. Kids will hit close things when no one watches.
- Watch for broken glass, twisted metal, or other sharp things.
- Clothing become caught.
- Keep your child's feet away from equipment. That is broken, cracked, splintered.
- Keep the equipment safe for the age and size of your child.

Be Alert:

- Keep the play area so that no one trips over them.
- Pick up trash, back packs, and bags away from equipment.
- Keep equipment properly — slide feet first, don't climb.
- Never push or roughhouse.
- Take turns.
- Keep kids away from equipment that is broken, cracked, splintered.
- Look out for objects that stick out and could cut a child or cause injury.

Teach Basic Playground Rules:

- Remove clothing that has drawstrings, or other things that could get caught.
- Remove clothing that has drawstrings, or other things that could get caught.

Before Heading to the Playground:

- Keep your child near you. Kids will hit close things when no one watches.
- Watch for broken glass, twisted metal, or other sharp things.
- Clothing become caught.
- Keep your child's feet away from equipment. That is broken, cracked, splintered.
- Keep the equipment safe for the age and size of your child.

Helping them be active can use their whole life by children develop skills. They learn to be healthy. You can help your child's development. You can keep your child near you. Kids will hit close things when no one watches. Keep the equipment properly — slide feet first, don't climb. Never push or roughhouse. Take turns.
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 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).

**PILLOWCASE 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!

**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

**What else can you do while the TV is off?**

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

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

Children spend too much time in front of the TV. Too much TV means too much time sitting. It also cuts into family time, may encourage violence, and has been linked to making children overweight.

**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?