

I want to grow up **HEALTHY** and **ACTIVE**, so please...

Dress me in clothes and shoes that allow for easy movement and active play.



Don't limit my playtime to punish me. Sometimes I am restless and need to get the wiggles out.

Encourage me to be physically active by being active with me, so we can play and have fun together.



Plan time each day for me to run, climb, dance, jump and enjoy being physically active.

Remember that it is fun for me to be active in any weather.



Be patient and help me when I am learning a new skill like skipping, riding a bike or catching a ball.

Plan at least a total of 60 minutes each day for me to be physically active inside and outdoors.



Understand that being physically active will make me stronger and help me learn.

Help me learn to limit my screen time so I can be active now and when I grow up.



Be sure that activities, equipment and play areas are safe for me.

- Everyone who cares for children has an important role in helping them become confident and competent in participating in physical activity.
- Being a good role model is the best teacher, because children learn from us as we are physically active together.
- These early years are an opportunity to develop healthy habits for a lifetime, and physical activity is important to overall health and in maintaining a healthy weight.

— <http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>



Contra Costa
Child Care Council
www.cocokids.org

