

Playtime...

So good for me.



Family fun all around you.

Discussion Points

- Families can play and be more active together.
-- Play games with the WIC "Playtime" ball, dance, hop-scotch, hide-n-seek, or make a marching band.
- Get the whole family to join in the fun. Start a new family tradition and create memories with active play.
- Your child is learning to move and feel good about his/her body. Children can learn about muscles and what they can do
- Every little bit counts. Add a 10 minute activity break for each hour of non-active time like TV, computer and video game use.

Setting Goals

- Goal: *"I will play actively with my child _____ times per week."*

Questions To Ask

- What type of activities could your family do?
- When could your family play actively together?
- What would keep you from meeting your goal?
- How could you overcome this?

Address safety concerns if presented as a barrier to physical activity. Help parents find safe settings for physical activity.

Handouts

- *Playtime* brochure & activity insert, activity ball. Alaska WIC program, 2005.

Referrals

- Community Recreation Centers, pools, or other public park facility that offers opportunities for active play.

If desired, encourage participant to record their progress and reward themselves for meeting their goals.



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