

Find playtime places within your community

- Public schools
- Community recreation centers
- Pools
- Park facilities
- Family play groups
- Child care centers



Supported by the following Alaska WIC Grantees:

- ASYMCA Military
- Alaska Family Services—Kenai Peninsula
- Alaska Family Services—Matanuska Valley
- Aleutian / Probilof Islands Association
- Bristol Bay Area Health Corporation
- Cook Inlet Tribal Council
- Kodiak Area Native Association
- Maniilaq Association
- Metlakatla Indian Community
- Municipality of Anchorage
- Native Village of Eyak
- North Slope Borough
- Norton Sound Regional Health Corporation
- Providence Hospital
- Resource Center for Parents and Children
- SouthEast Regional Health Consortium
- Tanana Chiefs Conference
- Yukon Kuskokwim Health Corporation



Support for Alaska families in making nutrition decisions for lifelong health and well-being.



For more information:

www.fitness.gov
www.gameskidsplay.net
www.cdc.gov
www.smallsteps.gov

Alaska Department of Health and Social Services
 Division of Public Assistance
 Family Nutrition Services

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USDA is an equal opportunity provider

Playtime ...

so good for me!



Play more ...

- Dance and move to music.
- Play indoors and outdoors: hopscotch, hide-n-seek or make a marching band.
- Take a walk together.
- Let your baby crawl and explore safely.
- Encourage your children to be active
 - let them play and have fun
 - jump rope, hula hoop, somersault
- Teach your children new skills
 - throw and kick a ball, shoot and dribble a basketball, swim

Sit Less ...

- Turn off the TV one night a week.
- Add a 10-minute activity break for every hour you sit.
- Limit computer use and video games.



Play with your children!

Keeping young children active is important for their health especially as obesity is increasing even among preschool-age children. Plan unstructured play to promote their growth and development.

Goal: _____
