Find playtime places within your community

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

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
P.O. Box 110612
Juneau, AK 99811
Phone: (907) 465-3100
Fax: (907) 465-3416
www.familynutrition.alaska.gov
E-mail: wic@alaska.gov

USDA is an equal opportunity provider
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: ___________________________________________________________________________________________________
_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

The Alaska Department of Health & Social Services, Public Assistance, Family Nutrition Programs, WIC (USDA is an equal opportunity provider)