



Playtime Goal...

Promote family health and well-being by encouraging physical activity and child development through unstructured play.



"Support Alaskan families in making nutrition decisions for life-long health and well being."

Potential Behavior Outcomes (as related to “Playtime”)

- Increase the amount of exercise to 30 minutes/day.
- Decrease TV viewing (by age)
- Increase family activities / togetherness
- Meet dietary guidelines
- Attain selected VENA goals
- Achieve normal weight

Track statistical details by ethnic group
Track outcomes by local agency areas

*“Support Alaskan families in making nutrition decisions
for life-long health and well being.”*

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

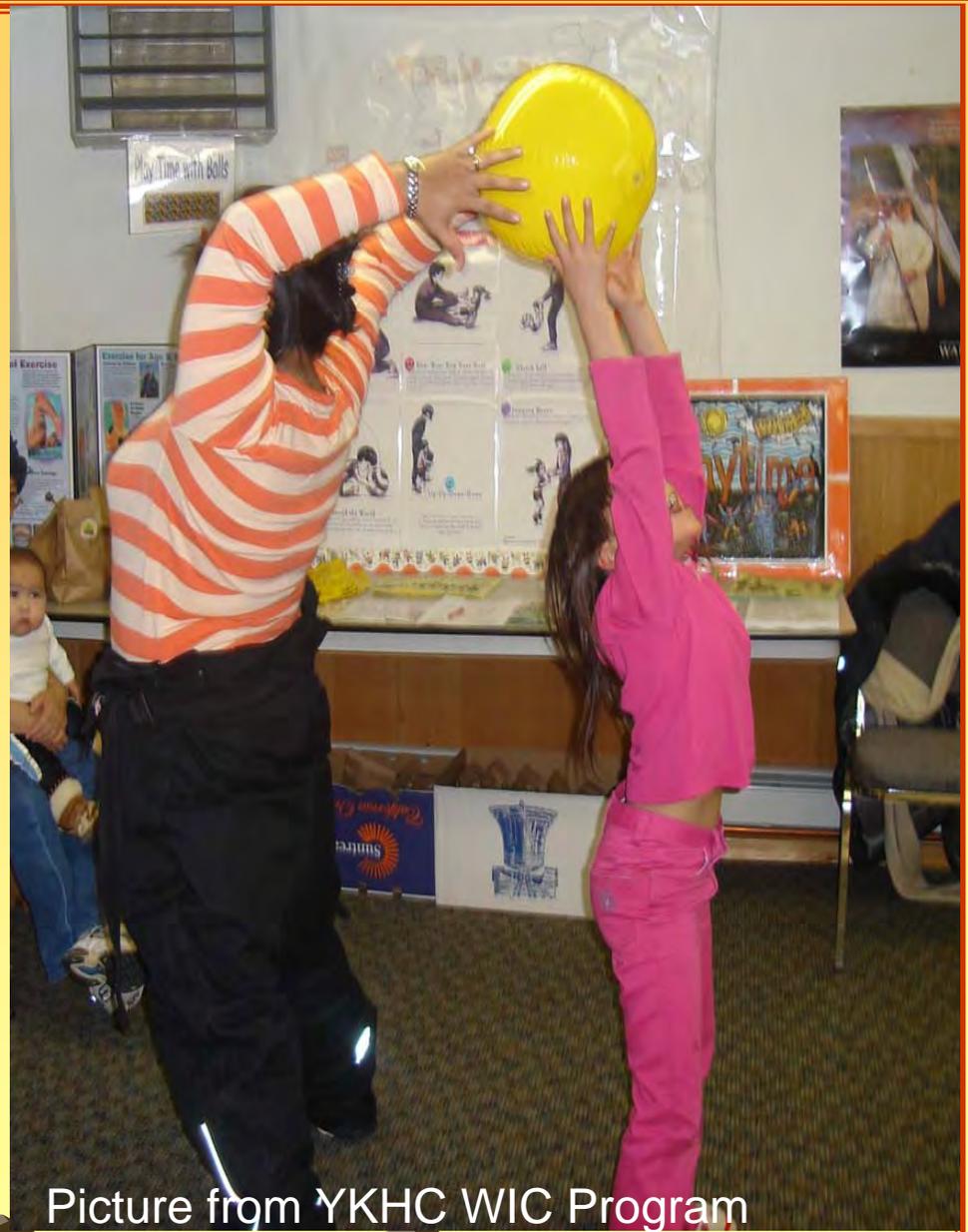


Picture from YKHC WIC Program

“Support Alaskan families in making nutrition decisions for life-long health and well being.”

Get the whole family to join in the fun.

Start new family traditions and create memories with active play.



Picture from YKHC WIC Program

"Support Alaskan families in making nutrition decisions for life-long health and well being."

Your child is learning to move and feel good about his/her body. Children can learn about muscles and what they can do.



Picture from YKHC WIC Program

"Support Alaskan families in making nutrition decisions for life-long health and well being."



Add a 10 minute activity break for each hour of non-active time like TV, computer and video game use.

Make 30-60 minutes of active play your goal.

Isaiah... SEARHC WIC clinic; Juneau, AK

Benefits of physical play

- Improve your health.
- Spend time with your family.
- Learn new skills.
- Reduce stress.
- Enjoy the warm weather!
- Control your weight.
- Improve hand-eye coordination.
- Prevent heart disease and diabetes.
- Build muscles.
- Reduce blood pressure.
- Keep your bones strong.

Have fun!

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Play more... it's fun!

- Dance and move to music
- Play active games indoors and outdoors - hopscotch, hide-n-seek
- Take a walk together
- Let your baby crawl and explore his world 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... you can do it!

- Turn off the TV one night a week – play games or take a walk instead.
- Add a 10 minute activity break for every hour you sit
- Limit computer and video game use

**Set the example as a parent –
play with your kids!**

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Things to do with your kids besides watching TV:

- Dance.
- Walk the dog.
- Play tag.
- Play hide and seek.
- Play catch.
- Fly a kite.
- Go for a bike ride.
- Shoot hoops.
- Wash the car.
- Go for a walk.
- Go to the park.
- Jump rope.
- Play on a jungle gym.
- Play hopscotch.
- Go roller-skating.
- Play with your activity ball from WIC.

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Playtime... so good for me.



Games using a WIC "Playtime" Activity Ball

Straddle Ball (For 1-2 year olds)

Your child will learn to move and control his/her upper body, arms, and hands.

- 1) Sit on the floor across from your child and roll the ball to him/her.
- 2) Your child can stop the ball with his/ her hands and roll the ball back to you.
- 3) Clap! Praise your child.

This game builds body control and hand skills for young children.

Froggie Up & Over (For 2-3 year olds)

Your child will learn to move his/her body in all directions while controlling a ball.

- 1) Stand/kneel back-to-back with your child.
- 2) Pass the ball over your head to your child.
- 3) Have your child bend forward and pass the ball back to you through their legs.
- 4) Continue to pass the ball to your child by reaching up, reaching down, and twisting side-to-side.
- 5) Play music and sing while you play!

This game builds hand-body control for young children.

Score! (For 3-5 year olds)

Your child will learn to move, control, and throw a ball while building upper body strength.

- 1) Use a large cardboard box or laundry basket to make a goal. Place it 3 feet away from your child.
- 2) Your child can score a goal by throwing the ball into the box.
- 3) Play with your child! Take turns scoring goals from different places in the room or yard.

This game builds strength and eye-hand skills for young children.



Alaska WIC... good for families.

For more activity ideas:
www.parenthoodkids.com
www.gameskidsplay.net



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Family Nutrition Programs

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www.health.state.ak.us/oc/nutri/WIC/default.com

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The WIC Activity Ball is made of non-toxic vinyl which has passed European Healthy & Safety Standards for lead levels. The ink is non-toxic. These balls are not to be used as life saving devices. They are safe when used as intended. They are designed to be tossed under adult supervision. They are not designed to hold body weight or to be kicked. Alaska WIC and manufacturer cannot be held liable for damages that may occur when product is used incorrectly or unsafely.

USDA is an equal opportunity provider.

"Support
for life-long health and well being."

Decisions





Playtime...so good for me!



Play catch.

Go to the park.



Fly a kite.



Go roller-skating.



Jump rope.

Play on a jungle gym.



Shoot hoops.

Things to do with your kids instead of watching TV...



Dance.

Play hopscotch.



Go for a walk.



Play with your activity ball from WIC.

Walk the dog.



How can I get a WIC activity ball?



What activities can I do with my 1-2 year old?

How many minutes of activity should I get each day?

- Benefits of physical play:
- Improve your health.
 - Spend time with your family.
 - Learn new skills.
 - Reduce stress.
 - Enjoy the warm weather!
 - Control your weight.
 - Improve hand-eye coordination.
 - Prevent heart disease & diabetes.
 - Build muscles.
 - Reduce blood pressure.
 - Keep your bones strong.
 - Have fun!



What activities will keep my heart healthy?



What activities can I do with my 3-5 year old?

Bulletin Board ideas
Providence WIC Clinic

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“Looking to spend more quality time with your children? Turn “Playtime” into family time! “... encourage family participation in physical activity and child development, local WIC agencies distribute the “Playtime” activity packages to WIC families with children ages 1 to 5.

In November, our Bethel WIC Program received 400 “Playtime” packages. This winter, WIC will distribute these packages to randomly selected WIC families throughout the Delta.”

WIC Newsletter; YKHC, Bethel, AK

January 2006

“Support Alaskan families in making nutrition decisions for life-long health and well being.” Thanks Adrienne and Ester!



- **What type of activities does your family like to play?**
- **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. Find safe settings for physical activity.**

Goal setting: *"I will include active play with my child _____ times per week."*



Jason & Isaiah... SEARHC WIC clinic; Juneau, AK

Resources & Incentives

- *Playtime* brochure
- *Playtime* ball
- *Playtime* activity insert
- Kidsport Games



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Websites...

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

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Referrals & Community Partners

- Public schools
- Community Recreation Centers
- Pools
- Park facilities
- Family play groups
- MOPS
- Child Care Centers

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**Alaska WIC...
good for
families.**

**Eat together.
Play together.
Learn together.**





Family fun all
around you

*"Support Alaskan families in making nutrition decisions
for life-long health and well being."*