

Wellness Tips for Alaska's Young Children Play Every Day!

Kids eat, sleep and feel better about themselves when they are active **throughout the day**. Active play helps kids:

- Learn new skills
- Practice creativity
- Build strong bones and muscles

How can I help my children develop the right skills for their age?

- **Infants:** Give your babies short periods of “tummy time” to prepare them to sit up and crawl. Encourage them to roll, stretch and reach for objects.
- **Toddlers:** Encourage your toddlers as they learn to walk, run and climb. Kick, throw and catch with them using soft, lightweight balls.
- **Preschoolers:** Challenge your preschoolers to gallop faster, jump higher, pedal harder and throw farther.



It starts with me!
Enjoy being active with your children.

Tips for Parents

- **Play together** every day.
- **Focus on fun**, not performance.
- **Limit screen time**.
- **Take short active play breaks** throughout the day.
- **Give your children the chance to walk** rather than use a stroller.
- **Recognize** that children learn and develop skills at different rates.
- **Keep your kids moving** so they are never inactive for longer than an hour at a time—unless they're sleeping.

Dress for the weather.

Children are more active when they play outside—even in snow and light rain.



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More fun activities to get your kids moving

- Turn on music and dance.
- Go for a walk or sled down a nearby hill.
- Strap on your helmets and go for a bike or trike ride.
- Make a game of throwing soft toys or rolled-up socks into a laundry basket.
- Make snow angels.
- Play follow the leader through the house or out in the woods.
- Crawl over soft pillows or couch cushions on the floor, or jump from pillow to pillow.
- Grab a bucket and go berry picking.
- Stomp on bubble wrap.
- Move like the animals – hop like a frog, crawl like a spider, slither like a snake.



Get your children breathing hard and sweating, and get their hearts pumping. It's good for their bodies.



Make up games, such as having your children count the number of hops to get to the big tree. Kids learn by moving and having fun.

For more information on active play, visit:

- **Kids Health:**
<http://kidshealth.org/en/parents>.
- **Play Every Day:**
www.playeveryday.alaska.gov.
- **Sesame Street Healthy Habits for Life:**
<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits#5>.



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