

IMIL: I Am Moving, I Am Learning

Goals:

1. Increase quantity of physical activity (MVPA)
2. Increase quality of structured movement activities
3. Promote healthy food choices each day



September 2008

Learn to Move

All children benefit from daily physical activity that is structured and initiated by the adults and caregivers in their lives. In addition to unstructured free play time, toddlers and preschoolers need 30-60 minutes of structured play time.

This time commitment can be overwhelming for parents who are already short of time and stressed with the demands of the day. This time can be accumulated throughout the day by breaking it into small bursts of meaningful movement. Five to ten minutes of exercise at a time is wonderful! One idea is to play your favorite music and dance with your child. You will both benefit from the movement!

We will be offering ideas of things you can do at home to increase physical activity and meet the goals of IMIL. We are excited to be implementing this program and we encourage you to consider making healthy lifestyle choices in your family.

It starts with small steps. When your child masters basic skills like running, jumping, skipping and throwing, they are developing skills that will help them for school readiness and lay the foundation for good health!

The Kitchen Classroom

Adults often cook food to eat. From a child's point of view, it is the process that grabs their attention. The kitchen arena provides many opportunities for learning. Children love to touch and smell. They are fascinated by food transformations such as batter into muffins or milk into smoothies. Depending on the developmental age, begin to involve children with food experiences. Young children make use of the large muscles in their arms, as they develop and smaller muscle such in their hands and fingers become more accurate. Here are some tasks children can perform with increasing skills.

Age

- | | |
|---|--|
| 2 | Scrub (potatoes or a sauce pot)
Tear or snap (lettuce/green beans)
Dip (veggies into low-fat dressing) |
| 3 | Pour (drink from a small pitcher)
Mix & stir (bread batter) |
| 4 | Crack eggs, mash potatoes |
| 5 | Measure, cut using a dull knife |

Select a kitchen activity that will challenge your child to develop these skills. Try the tortilla roll-up recipe on the next page and celebrate the satisfaction your child will feel in completing a task from the beginning to tasting the final product.



YOUTH & FAMILY
SERVICES

Words of Movement : MVPA (Moderate to Vigorous Physical Activity)
Activity that causes muscles to work and heart rate to increase such as:
running, fast walking, dancing, jumping, and riding bike!

IMIL Newsletters are prepared by the YFS Dietitian & Health Advisor
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IMIL for Classrooms / Socializations

“Stir the Soup” Track #2 on This is My Body Choosy Kids CD

This song incorporates meaningful movement with healthy nutrition messages. For this activity have 8 children surround a parachute or blanket and pretend to be the “pot of soup”. Place a variety of colored fruit, vegetables, and beanbags out on the floor. The remaining children will gather 1-3 different colored items to throw into the “soup pot”. Listen to the song for directions. Teachers and parents can assist with encouraging the children to throw the fruits, vegetables, and bean bags into the “pot” at the appropriate time. Everyone pretends to “stir the soup” on the song chorus. Be sure to explain the steps and help the child listen to the words of the song and do the active motions, such as peeling bananas and picking tomatoes!

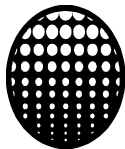
Supplies needed: parachute, Choosy Kids CD, assorted red, green and yellow colored items to toss

IMIL for Family Time: Sock Toss into a Basket

Take a small laundry basket or other container of similar size and place on the floor. Put on your favorite music and take turns throwing sock balls or pom poms into the basket. You can lead your child in dance movements and then encourage them to throw the socks into the basket when they hear your cue!

Make a sock ball by rolling one sock and stuffing it into the other or make pom poms (instructions below) to play this game .

Making a Yarn Pom Pom Ball



Here is a an easy method to make a yarn ball. Wrap yarn in circles around a 3 inch wide piece of cardboard square at least 25 times. Tie the yard together at the top firmly. Slip the shape off the cardboard. You now have a yarn ball. You can also clip the ends of the yarn with a scissors to create a true pom pom. Yarn balls are great for little hands to grab and to throw.

Recipe: Tortilla Roll-ups for two!

- 2 Tablespoons peanut butter
- 2 ripe bananas
- 2 flour tortillas (whole wheat flour encouraged)

1. Spread one Tablespoon of peanut butter on a tortilla.
2. Peel a banana and place on the edge of tortilla.
3. Roll up the tortilla, beginning from the banana.
4. Enjoy! Tortilla can be eaten whole or cut into one inch slices.

Choosy says “Wash hands first!”



Talk to your child about the shape of the tortilla, the texture of the peanut butter or the smell of the banana. Remember, your job is to minimally participate but actively supervise!