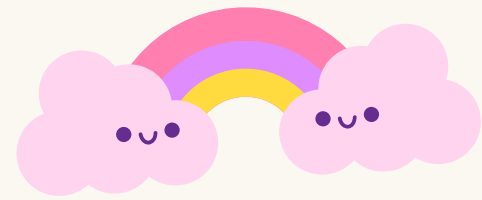




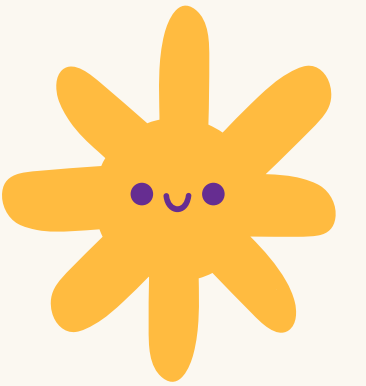
Being Active as a Family



Boston Public Health Commission
Division of Chronic Disease Prevention and Control
The Boston Healthy Childcare Initiative



Who We Are



Sonia
Carter



Altagracia
Lorenzo



Kindra
Lansburg



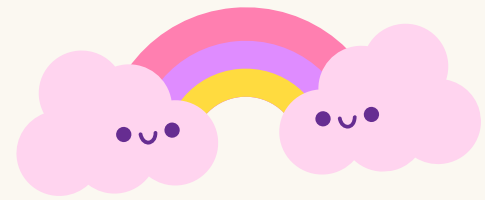
Maria
Yepes



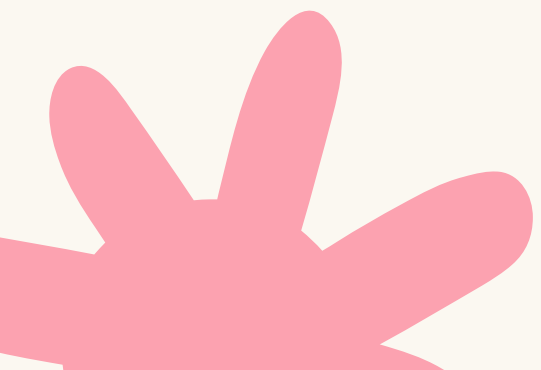
Ella
Froggatt



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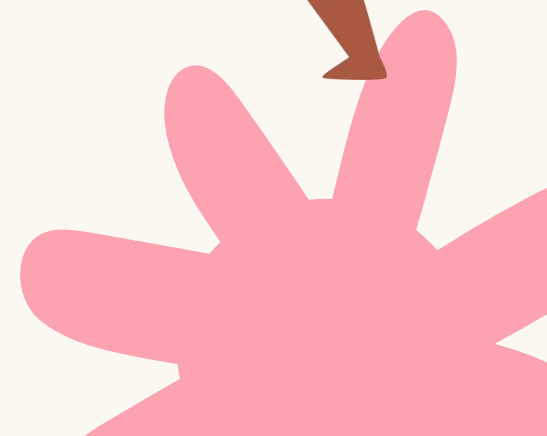
*What was your favorite
physical activity, sport or
game as a kid?*



Benefits of Being Active

Moving will make your kids:

- Healthier
- More energetic
- Physically stronger
- Mentally and emotionally stronger
- Sleep better
- More engaged
- Better learners





Benefits of Being Active

Physical activity will...



Develop movement skills
and coordination.



Strengthen bones
and muscles



Stimulate brain
growth and improve
mental health



Improves confidence
and social skills

Develop movement skills and coordination

Locomotor Skills enable children to move their body through their environment

- Crawling
- Hopping
- Running
- Walking
- Sliding
- Skipping



Non-locomotor Skills enable children to move their body in one place

- Balancing
- Clapping
- Grabbing
- Reaching
- Pushing

Sports and activities that develop motor skills

- Swimming
- Bicycling
- Running
- Walking
- Skating
- Roller Blading
- Badminton
- Soccer
- Dancing
- Gymnastics



Video: I am going on a Bear Hunt



Going on a bear hunt
Going on a bear hunt

Strengthening bones and muscles

As your child's body grows, strengthening their bones and muscles will be a good start for maintaining good bone health throughout life.

Weight bearing activities that promote bone growth include:

- Running
- Jumping
- Hopping
- Skipping



Video: Kid's Yoga



Adapting Physical Activity for Children with Disabilities



Different types of physical activity

Unstructured

- Free Play
- Children take the lead
- Adults support and encourage activity
- Children develop executive functioning and problem solving



Structured

- Adult-led
- Promotes higher levels of activity throughout the day
- Intentionally planned and modeled



Different types of physical activity



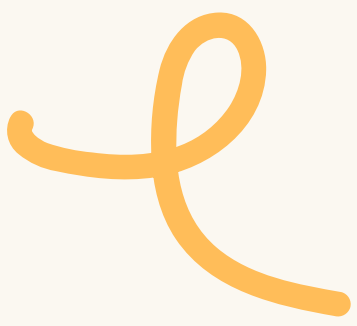
Moderate to Vigorous

- Children develop motor and cognitive skills
- Breathing becomes harder and heart beats faster
- Children engage larger muscles

Outdoor

- Develops and enhances social skills
- Exposure to direct sunlight
- Encourages more physical activity





You need movement too!

- Improves sleep
- Reduces stress
- Reduces risk of many chronic diseases like cancer and type II diabetes
- Promotes positive physical and mental health



Move more, sit less.

Spread aerobic activity throughout the week.

Practice muscle-strengthening activities twice a week.

Be a role model for your child!

Stimulating brain growth

- Physical activity helps with cognitive development and improves mental health.
- Children who are physically active have better concentration, memory and tend to do better in school.
- Different physical activities can include learning and further stimulate brain growth and development.



What physical activity do you do with your children that also incorporates learning?

Games that stimulate brain growth

- Read books with activities inside or have children act out the story
- Find games that involve movement such as Twister, Mr. Bucket, and Monkey Around,
- Independent toys, like blocks, race cars, balls, bean bags, Legos, dolls, and kitchen sets, promote movement, learning, and creativity
- Counting and memory games



Video: Head, Shoulders Knees and Toes Afrobeat Mix

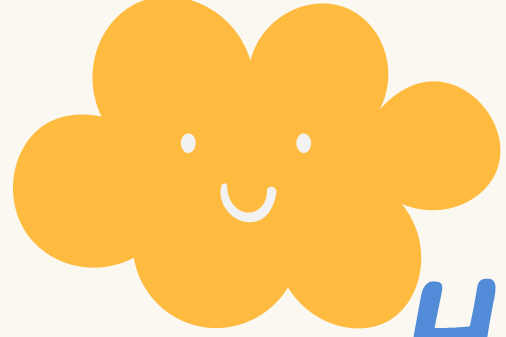


Improves confidence and social skills

Physical activity helps children develop social and emotional skills. Through active play they learn how to:

- Listen
- Problem-solve
- Share and negotiate
- Collaborating and cooperating





How long should children be active for?

Infants

(birth to 12 months)

Need to be able
to move freely
every day

Toddlers

(12 to 36 months)

30 minutes of
structured activity
60 minutes of
unstructured activity

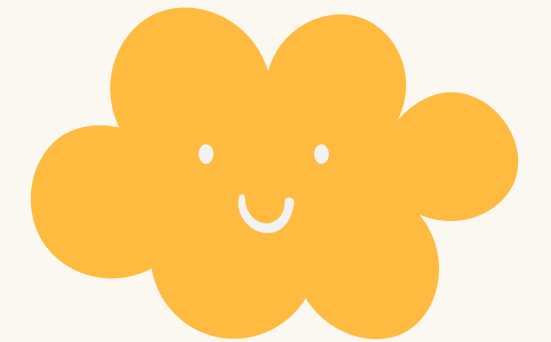
Preschoolers

(3 to 5 years)

60 minutes of
structured activity
60 minutes of
unstructured activity

What role can parents & caretakers take?

Adults need to create and provide opportunities for children to be physically active, and if possible, should also join these activities.



Use technology to encourage activity

Limiting screen time can be difficult, instead:

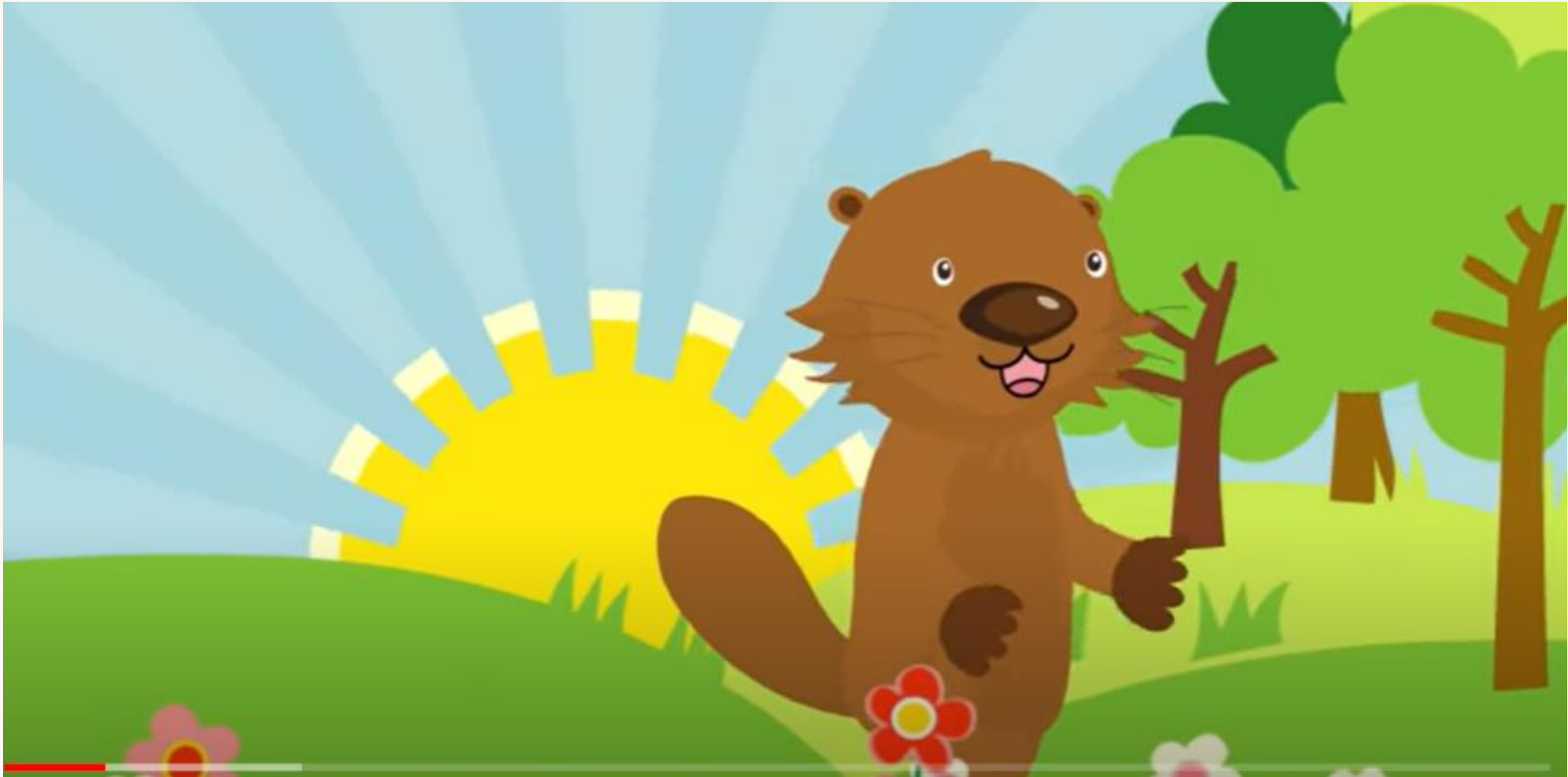
- Encourage active play
- Have screen free time rules. Example: no screens before breakfast or after dinner
- Use screen time as a movement opportunity
- Watch family exercise videos and move together

Screen Free Week is May 1-7, 2023

Video: Sesame Street,
Grover's Workout Video

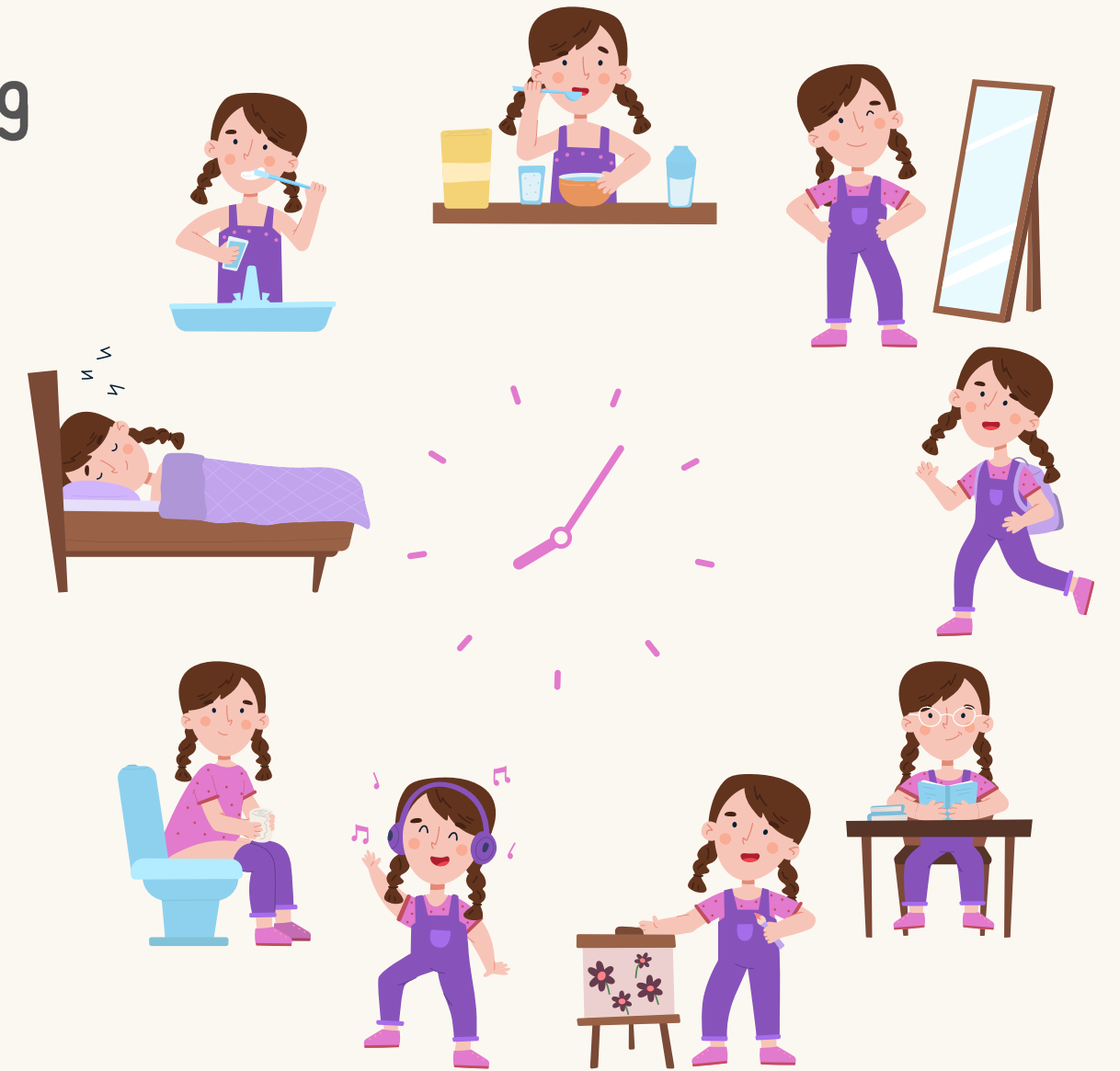


Video: Potter, Potter the Healthy Otter



Maintain a Routine


- Try to keep a similar routine to school on weekends and other days off
- Add in opportunities for exercise and learning
- Do things together- go for a walk, the playground, the park
- Involve them in tasks like cleaning, cooking, errands- incorporates movement as well!
- Find fun activities in the community



Barriers & Opportunities

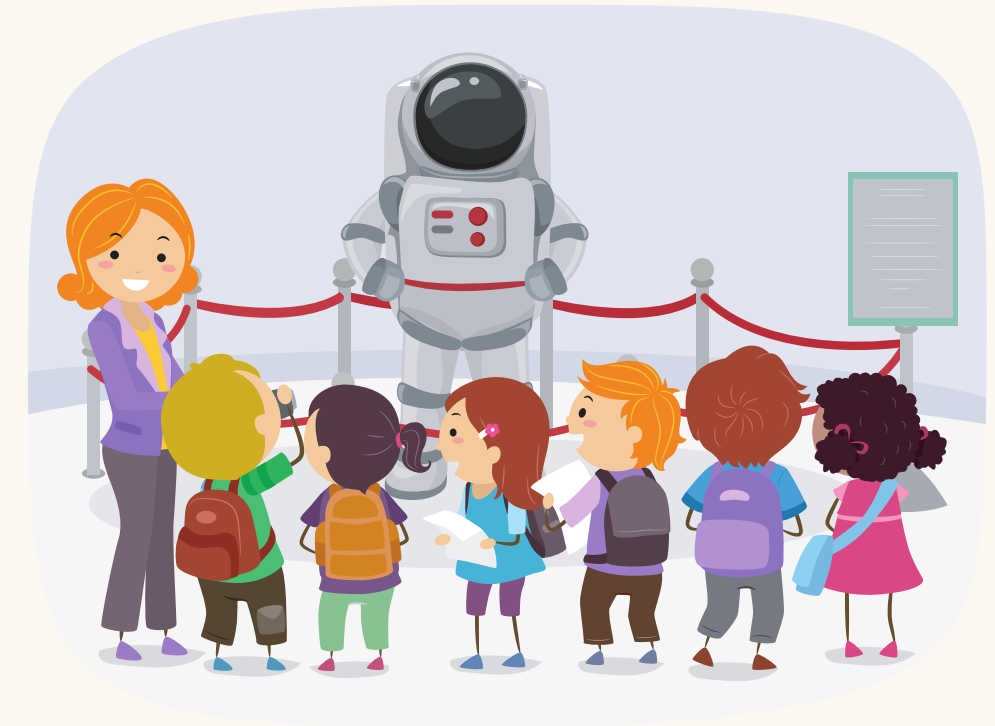
- Time: Even small bursts of movement throughout the day can make a big impact
- Too much to do: Make a schedule of what needs to get done and see where you can squeeze in activities
- Child not motivated: Start small, try for 5-minutes and see if they enjoy and go longer
- Space: Go outside or use exercise videos that only require dancing or moving in place
- Safety: Meet up with friends or family in a park, take advantage of daylight, find other spaces nearby

Other Activities

- 
- Going outside
 - Play in the snow
 - Sledding
 - Sidewalk chalk
 - Flying kites
 - Hide & Seek
 - Dancing- play your favorite song!
 - Family backyard sports
 - House chore exercises
 - Family cycling
 - Arts & Crafts
 - Indoor scavenger hunt
 - Family-friendly exercise classes
 - Movement games like Simon Says

Community Resources

- Boston Public Library has many free family activities
- You can reserve free museum passes through the library
- Everyone lives within a 10-minute walk from a park!
- Free ice skating throughout the city (may cost to rent skates)
- Playgrounds, walking trails and green spaces
- YMCA, BCYF, and other local organizations that promote movement




Local Organizations that Promote Exercise

- BCYF: boston.gov/departments/boston-centers-youth-families
- YMCA: <https://ymcaboston.org/>
- Sportsmen's Tennis & Enrichment: sportsmentennis.org/junior-tennis/
- All Dorchester Sports & Leadership: alldorchestersports.org/
- Let's Get Movin' East Boston: ebnhc.org/en/services/strengthening-our-community/lets-get-movin/introduction.html
- Girls on the Run: [.girlsontherunboston.org/](https://girlsontherunboston.org/)



Tips & Next Steps

- 
- Go easy on yourself- add a couple activities slowly- see what enjoy
 - Something is always better than nothing!
 - Use the resources and find a couple activities this winter to look forward to
 - Ask your children their favorite activity at school- can you do something similar at home?
 - Use each other- make playdates, ask for ideas, bring in other family members or friends



*THANK
YOU*