



*"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."  
-Harriet Ann Jacobs*

## Movement Matters!

Research evidence promotes physical activity and its correlation to children's positive academic performance.

### Ways to increase movement in the classroom:

- Classroom Movement Policy- to allow kids to move while they learn. For example, jumping to the blocks, or bear crawls to housekeeping.
- Playground for math practice- counting each step out loud or feeling the weight of different balls.
- Nature walk- walk around the schoolyard and have children look for different plants, insects, bird calls, and scents.
- Giant versions of games to facilitate large movements.
- Morning Motion Movement- 10 minutes every morning devoted to thoughtful movement; can be a series of yoga or breathing strategies
- Motion Movement during transition times- use juggling scarves before transiting to outside
- Fitness Dice- Have students roll the dice and they must perform the task on the dice, such as jumping, jumping jacks, or push-ups.

For more information visit [www.weareteachers.com](http://www.weareteachers.com)

## Baby Well Visit Planner for Families

The Well-Visit Planner (<http://www.wellvisitplanner.org/>) is an online tool to facilitate increased well-child care for children 4 months-6 years, by helping parents and caregivers customize each well-child visit to their specific needs and assisting in identifying and prioritizing concerns and health risks. As a result, communication between physician and parents will increase, as well as ensuring appropriate health care for baby.

This tool is also being used in Head Start and Early Head Start programs to help families and professionals in the health and well-being of the child. This resource has been tested in multiple programs, who found it helpful and supportive in keeping parents accountable and participating in well-child visits.

Cited by: Early Childhood Learning & Knowledge Center- Head Start  
<https://eclkc.ohs.acf.hhs.gov/physical-health/article/well-visit-planner-families>

## Helping Children Maintain a Healthy Diet and Active Living

Age	Healthy Feeding Tips	Staying Active Tips
Infants (Birth-12 mo)	<ul style="list-style-type: none"> <li>✦ Babies breastfed for at least 6 months are more likely to have a healthy weight as they grow up</li> <li>✦ Breastfeeding is hard! Moms may be more likely to stop breastfeeding if they feel unsupported and have nowhere to turn for help.</li> <li>✦ Babies should be ready to start eating simple foods at 6 months. Feeding solid foods too early can contribute to weight problems later in life.</li> <li>✦ Stick only to formula or breast milk until baby is 6 months old.</li> </ul>	<ul style="list-style-type: none"> <li>✦ Being active helps babies achieve developmental milestones like sitting up and crawling.</li> <li>✦ Allow baby to stretch! Play-mats with toys suspended above facilitate kicking and overhead reaching.</li> <li>✦ Supervised tummy time is important to help strengthen muscles which will allow baby to sit up and crawl.</li> </ul>
Toddlers (1-3 years)	<ul style="list-style-type: none"> <li>✦ Many times, parents understand healthy foods from unhealthy foods, however fail to provide healthy meals because of food insecurity, meal preparation difficulties, or unsure about portion sizes.</li> <li>✦ Picky eaters make a healthy diet difficult for parents. It can take up to 10-15 tries of a food before a child will eat it.</li> <li>✦ An example of a serving size for toddlers is 1-2 tablespoons of veggies</li> </ul>	<ul style="list-style-type: none"> <li>✦ Is it imperative that toddlers stay active, yet many parents believe their toddlers are already active enough.</li> <li>✦ Movement is important for reaching developmental milestones, as well as developing the foundation for skills that will be important for the rest of their lives, including motor skills and coordination.</li> <li>✦ Limit screen time to avoid too much sedentary activity time.</li> <li>✦ Receiving an adequate amount of sleep is essential for development.</li> </ul>

For more information visit: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/growing-healthy-flipchart.pdf>

## How to Care for Infants and Toddlers in Groups

The environment affects caregiver/infant relationships:

The physical environment—indoors and out—can promote or impede intimate, satisfying relationships. When teachers were able to set up safe environments, this led to encouraged exploration and gave fewer negative comments (such as “don’t...”) to infants and toddlers. With easy access to the outdoors, the daily rhythms of infants and toddlers can be accommodated. In too many centers, however, infant/toddler time on the playground is rigidly scheduled and subordinated to the schedules of groups of older children. Work with your Education Coordinator to review your classroom environments, the playground, as well as the schedule for routines including the availability of the 3<sup>rd</sup> teacher to assist your infants and toddlers with safe exploration and development.



<https://www.brighthubeducation.com>