

# Food & Fun After School

~ 2nd Edition ~

## Parent Communications Unit 2: Get Moving

### About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education, improved parent-child relationships, and improved implementation and outcomes for afterschool programs\*.

In this Parent Communication packet are Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month

(\*Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.)

### Parent Engagement Activities

- **Start a walking club.** Start a walking club for families to participate in weekly.
- **Dance!** Offer a dance class for families. Zumba is one popular dance class that parents and kids can enjoy together.
- **Suggest family fitness!** Make a list of family fitness classes that local YMCAs are offering. Distribute the list to parents and encourage them to attend!

## Newsletter Article

*Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."*

### **Get Moving! Feel Great!**

Feeling exhausted at the end of the day? How about the kids....do they just want to watch TV? Physical activity helps you feel better right away, no matter what kind you choose.

This month our program will focus on the importance of being physically active every day. Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

The key messages for parents are:

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10-15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

The key messages we'll be teaching kids are:

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Daily physical activity can give you more energy and improve your sleep and focus. Staying active over time also helps you keep a healthy weight. It protects you from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones). How much activity do kids need? Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10-15 minutes. Kids should do vigorous activity on at least 3 days per week. This includes activities that make kids breathe hard and sweat.

Examples of moderate activity	Examples of vigorous activity
Games and sports that are similar to fast walking:	Games and sports which are more intense than fast walking. They make you sweat:
hopscotch      Kickball playground play      4-square bike riding      Frisbee	swimming      basketball jumping rope      running soccer      aerobic dancing

### **Tips for keeping your family active:**

- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Children who grow up in an active family are more likely to remain active as adults. An active lifestyle can help your family live longer, healthier lives. Set a good example by being active yourself! Encourage your children to find activities they enjoy. For more ideas on fun ways to get your family active, check out <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm>.

### Email Message

*Use this sample message to communicate with parents by email.*

Subject line: Healthy Habits Power Tips—Get Moving!

Dear (*your program*) Parents,

This month (*your program*) will focus on the importance of being physically active every day.

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- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

The key messages for kids are:

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

You can encourage regular physical activity at home by reinforcing the key messages, and by following these **Healthy Habits Power Tips**:

- Be a good role model by doing regular physical activity yourself.
- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Want to learn more?

Click on <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm> for ideas for games and activities to play.