



Movin' On Up

Quiz: What Kind of **SUPERHERO** are You?

1. After dinner you and your family:

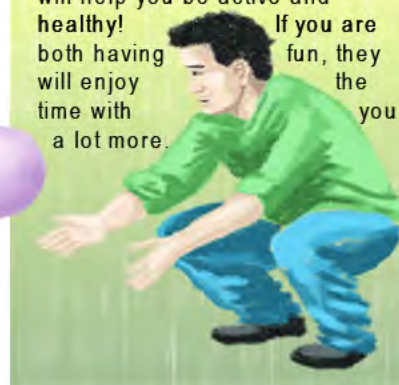
- Help clean the table then take a quick walk together before bath time.
- I clean the dishes and pick up the house while everyone else watches TV and gets ready for baths.
- Race to the TV to pick out what show we will watch.

2. My activity on a typical week includes:

- I feel like I am always moving. I take walks, play ball and ride bikes with my kids every chance I get.
- Cleaning the house and taking the stairs when I can.
- Walking from my car to the door.

3. On a typical day, I spend time talking with my child by:

- Eating one meal together every day without phones and turning off the TV. This way I can ask them what is going on with school and their friends while they aren't distracted.
- Talking in the car. It is the only chance we get.
- They don't talk to me. They would rather watch TV and play video games. So I don't bother unless I need to know something, like if they are hungry or ready for school.



The results are in!

If you chose mostly A's...

You make sure that you are active and involved with your kids. You eat together and play together. Make sure the activities you do together are ones that both you and your child enjoy.

If you chose mostly b's:

You do your best to fit in time with your kids and be active but it can be hard. Busy schedules can get in the way. Try to set aside time each day to have a relaxing few minutes with your child where there are no distractions. Turn off your phones and TV and sit together and color, or go outside and take a walk together. Setting aside just a few minutes each day just for your child lets her know she is important to you. You may be surprised to learn that your child is more interested in spending time with you than you think!

If you chose mostly c's:

You have a busy schedule! It is hard to find time to connect with your children and be active yourself. Many parents find that it is easier to just let the kids do their own thing. But there are a lot of benefits to playing and talking with your kids. Try finding an activity that you both enjoy doing – playing catch, riding bikes, or swinging in the park. Children love to see their parents acting like kids. And it will help you be active and healthy!

If you are both having fun, they will enjoy the time with you a lot more.

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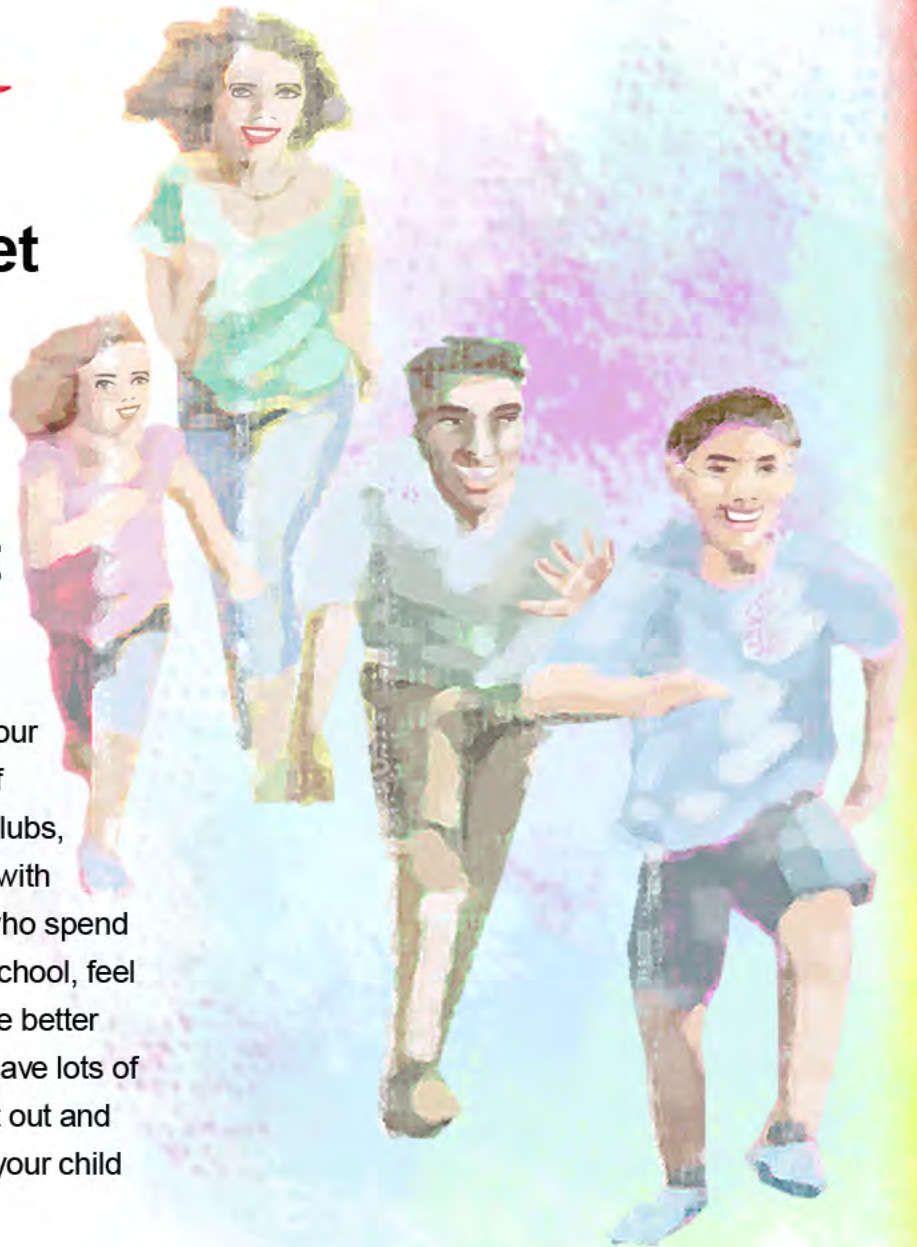
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The #1 Way to Get Your Children to Behave, Do Well In School, And Feel Good About Themselves

It may not always seem like it, but your child's favorite person is you! Lots of kids this age spend time in sports, clubs, and other activities. But time spent with you is the most valuable. Children who spend time with their parents do better in school, feel better about themselves, and behave better around others. At this age children have lots of imagination and love games. So get out and have some fun together! It will help your child become the best he can be.



Tips for spending time together:

- Find time where you can. Even 5 minutes a day talking face to face makes a difference.
- Turn off distractions like your phone or TV. Let your child know he is important.
- Respond to your child's interests – if he is active play outside, if he wants to draw sit at the table and be creative together.



- Make the time relaxing and fun. Save discipline or talking about unpleasant topics for another time.
- Find activities you both enjoy. Sharing fun times creates lasting memories.
- Don't be discouraged if your child doesn't respond right away. Try different activities until you find one you both like.



School Connections

Lesson Connection

Lesson 2: Getting Physically Active

In this lesson, your child learned about the cardiovascular system, and how blood is pumped around the body to deliver oxygen and nutrients. While in the garden, the class planted vegetables and learned that gardening can be a good form of physical activity. They did this by finding their heart rate and breathing rates when doing different activities in the garden.

Family Activity

Try to match the physical activity with the heart rate. (Some heart rates may match more than one activity).

Do you and your child do any of these activities together at home? Talk about which physical activities you both like and which you might be able to do together.

What other physical activities do you do? What do you think the heart rate for these activities is?

Reading a book

Running

Walking the dog

Gardening

Jumping Rope

65 beats per minute

90 beats per minute

130 beats per minute



Team Family!

Children learn their values from you. How you behave, what you like, and things you don't like all influence her own view of the world. You can help pass on important values by sharing things that make you happy. Did you have a favorite way of being active when you were growing up? Now is a great time to pass your enjoyment of that activity on to your child. Whether it was baseball, playing tag, or doing cartwheels, chances are if you have fun doing it, so will your child.

Take advantage of your child's developing skills to have fun.

- She can start playing games with lots of rules, but it may take some time to keep the rules straight. You can help with that!
- Her coordination and balance have improved. Help her practice by giving her lots of chances to hit, catch, climb, and kick balls.
- Mix it up. You don't need to play games every day. Take a walk or a slow bike ride on days when you are feeling tired.



How to be a Superhero

You are your child's first and most important teacher! He wants to do what he sees you doing. The best way to get your child off the couch is to be active yourself. When you are active your child is more likely to be healthy and active too. And it helps you be healthy, too! So be a superhero for your child! Show them that moving is more fun than sitting still.





Some easy ways to keep the whole family moving:

- Clean the house together. Give each person one easy task to do: vacuum a room, sort the laundry, dust the furniture, etc. then set a timer and see who gets their job done the fastest.



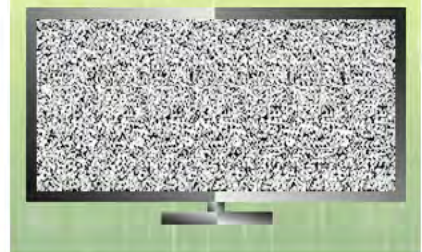
- Take a quick walk after dinner together. 10 to 20 minutes will help everyone settle down and get ready for a relaxing evening.
- Turn on music and dance. Take turns each night selecting which music to play. You can even have a “leader” who everyone follows.

Check it out: Things to try this week

Teach your child to do one thing you liked when you were his age. Talk about why you liked it, experiences that made it special, or show pictures of yourself doing the activity. If you can, teach your child how to do it. Explain any rules, show him how you did it, and let him try for himself.

Healthy Family Challenge:

Turn off all the phones and TVs and spend 5 minutes each day doing something with your child without distractions. Talk, walk, play tag, ride a bike, etc. Take turns deciding on the activity for the day.



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