



# NC SEEDLING

## Move It!

Exercise takes dedication and hard work as an adult. However, for kids, exercise means playing! Physical activity for a child helps them practice their developing motor skills as they strengthen their heart, lungs, and muscles. It also improves their endurance, strength, and flexibility. Playing tag or chase, climbing the monkey bars, and doing cartwheels are all fun activities that get your child moving. Walking, swimming, basketball, and bicycling are fun for adults and kids, and they are family friendly! It is important to create good habits of an active lifestyle with your child starting at a young age. Try living a healthier lifestyle yourself so you

will be a positive role model for your children. Limit screen time. Go for walks before or after dinner. Have a dance party. Play follow the leader. Turn household chores into a game. When your kids get a little older, go on nature hikes. Turn TV commercials into fitness breaks. Encourage your child to participate in organized activities such as soccer or dance.

Children who exercise regularly not only sleep better and are better able to handle physical and emotional challenges, but they grow up to live a healthier life as adults. So remember, keep it fun and keep it moving!

<https://kidshealth.org>

[www.parents.com](http://www.parents.com)



## Playground Safety

Spring is finally here! With warmer weather on the way, we all look forward to spending time outside in the fresh air and sunshine. Playgrounds are excellent places for children to explore while they run, climb, and swing.

Here are some tips for playground safety:

1. Actively supervise your child
2. Teach your child that pushing and shoving on the playground can be dangerous
3. Check the playground for any broken or

rusted equipment

4. Dress appropriately for the playground. Remove anything that can get caught on the playground equipment and pose a strangulation hazard



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

**UNC-CH, Department  
of Epidemiology**

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[www.NCSEED.org](http://www.NCSEED.org)

### NOTES

- SEED has enrolled just over 275 families
- NC SEED has enrolled 63 families. Thank you for your participation!

