

Name: \_\_\_\_\_

Address: \_\_\_\_\_

# ACTIVITY PLANNER



## WEEK 1

Fill in your TV Time HERE!

TV Time: 20mins

Activities:

- Climb at the playground
- Walk at the waterfront
- Play with toys
- Dance to music

Fill in your Activities HERE!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



### Outside Activities

Kick a ball, skip, run, jump, climb, ride a tricycle, draw with sidewalk chalk, play in the sand or leaves or snow or water, skate, swim, play soccer.



### Inside Activities

Dance, march or move to music, do gymnastics, swim, skate, play Ring-Around-the-Rosy, hide-and-seek, ring toss, other games.



## WEEK 2

TV Time: \_\_\_\_\_

Activities:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

# FOOD, FITNESS and FUN for Children birth to 5 years

## Food For Health

Healthy eating patterns need to start early. Children eat healthier when they eat with their family. When it comes to food, parents and children have different responsibilities.

### Parents are responsible for

- What food is offered
- Where food is eaten
- When food is given.

### Children are responsible for

- How much food is eaten
- Whether or not the food is eaten at all.

Ellyn Satter (2005). *Your child's weight: Helping without harming.*

## Fun For Health

- Decrease TV time to allow more time for fun physical activities.
- Limit TV time to 1 hour or less a day for preschoolers.

## Fitness For Health

- Early childhood is the best time to learn how to be physically active.
- Preschoolers should never be inactive for more than 1 hour (except when sleeping).
- Role models are important. Be active as a family.

### GET YOUR FREE FeedingYourChild

booklet for children ages 1 to 5 years.

Call the Windsor-Essex County Health Unit

258-2146  
ext. 1340

## Resources:

Use the *Activity Planner* (see reverse) to plan daily activities and monitor TV viewing time. For additional copies visit [www.wehealthunit.org](http://www.wehealthunit.org)

Borrow the *Reading Rhythm and Movement: Alternatives to TV Resource Kit* from your local Public Library or Ontario Early Years Centre.

For a FREE copy of *Kids in action: fitness for children birth to age five*, call the Windsor-Essex County Health Unit.

Check out *Fun and Physical Activity* at [www.city.toronto.on.ca/health](http://www.city.toronto.on.ca/health)

Windsor-Essex County Health Unit at 258-2146 ext. 1340