



Parent Blocks

NEWSLETTER



"Providing resources to parents throughout West Virginia"

Volume 21, Issue 4, Fall 2025

What Can I Do to Get My Child Active?

U.S. Centers for Disease Control and Prevention

Knowing the recommendations is a great place to start. Physical activities can range from informal, active play to organized sports.

Start early. Young children love to play and be physically active. Encouraging lots of safe and unstructured movement and play can help

build a strong foundation for an active lifestyle.

Make physical activity fun. Fun activities can be anything your child enjoys, either structured or unstructured. Activities can range from team or individual sports to recreational activities, such as walking, running, skating, bicycling, swimming, play-

ground activities, or free-time play.

Here are some ways you can do this:

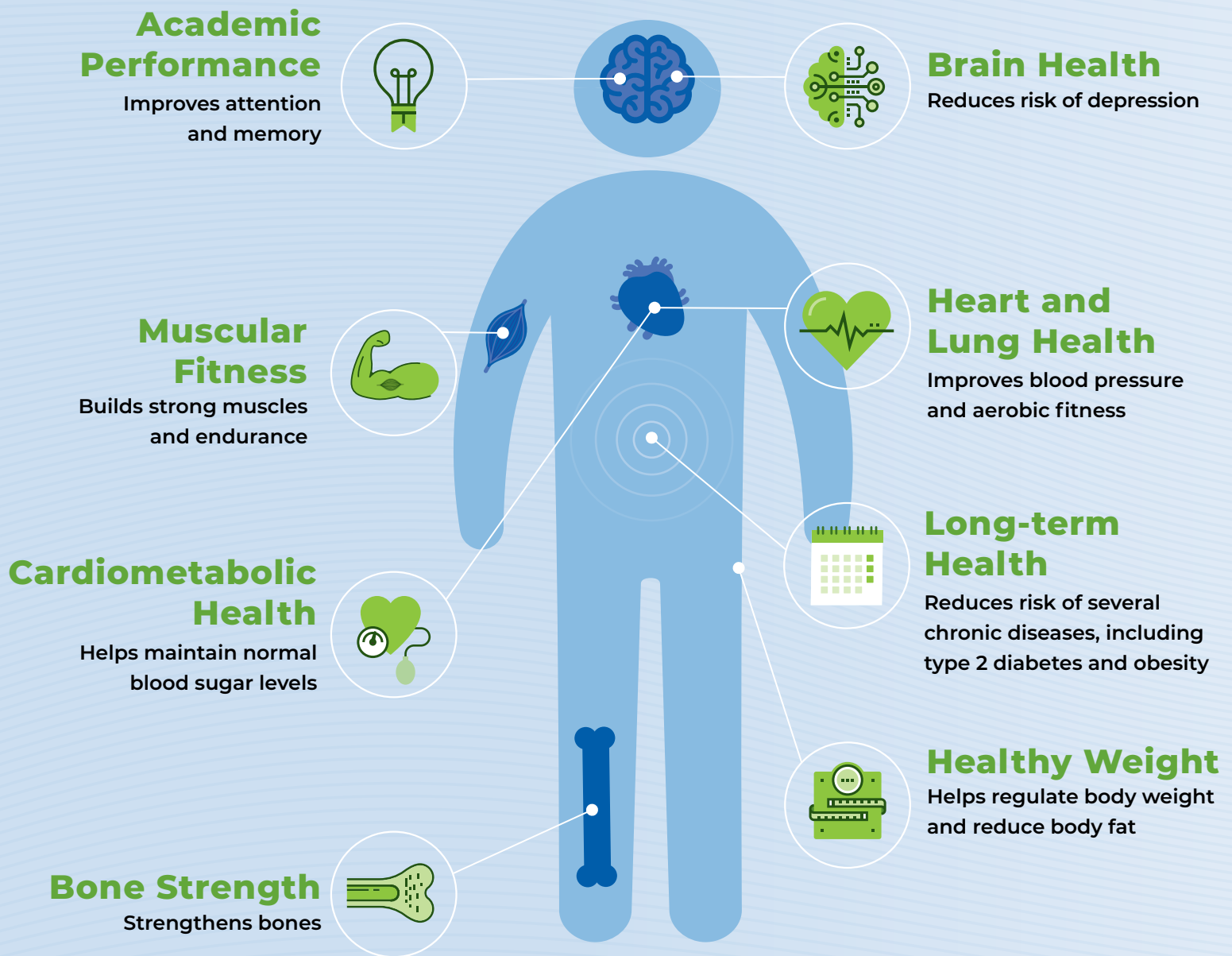
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places they can be physically active, such as public parks, community baseball fields, or basketball courts.
- Be positive about the physical activities in which your child participates. Encourage them to be interested in new activities.
- Instead of watching television after dinner, help your child find fun physical activities. Examples include walking, playing chase, or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads, or knee pads for physical activities such as riding bicycles or scooters, skateboarding, roller skating, and rock-wall climbing.

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Health Benefits of Physical Activity

FOR CHILDREN



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

Supporting children through holidays and celebrations

West Virginia Infant/Toddler Mental Health Association | www.nurturingwvbabies.org



PREPARING CHILDREN FOR HOLIDAYS AND CELEBRATIONS

The crowds, the scheduled events, family and community gatherings! Whew! Celebrating holidays can be exciting, and overwhelming, especially for children who are often off of their regular routine, and around larger groups of people. Be accepting, patient, and kind during these times—not only to children—but to yourself. Let go of preconceived ideas and focus on creating memories, not having the “perfect” holiday.



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READING CUES

Children can tell you a lot about how they are feeling, if we are willing to read their cues. It's important to remember, especially during the holidays, that children aren't “mini-adults”. Cues that children are feeling overwhelmed include: crying, fidgeting, whining, rubbing eyes, or feeling irritable. It's ok for children to have downtime, take a nap, or leave the event early. Encourage them to participate, but don't force them.

A WORD ABOUT RELATIVES

Try to prepare children before meeting with relatives they may be unfamiliar with. Don't force children to give hugs and kisses to relatives they don't know. While children won't be able to sit for long periods of time and listen to family stories, they do like to participate as part of the group. By bringing books or small toys, the child can share and play.

TIPS AND TRICKS

- Bring a snack for the child, especially if you will be gone for a while.
- Try to stick to routines as much as possible, but allow for fun opportunities that may come up.
- Social stories can help in preparing children for family gatherings or holiday celebrations. [Here are some examples.](#)