

My Fit WIC goal for my child:

To achieve my goal I will:



Missouri Department of Health and  
Senior Services  
Bureau of WIC and Nutrition Services  
P.O. Box 570  
Jefferson City, 65102-0570  
573-751-6204

Alternate forms of this publication for persons with  
disabilities may be obtained by contacting the Missouri  
Department of Health and Senior Services  
at 573-751-6204.

Hearing and speech impaired persons telephone  
1-800-735-2966 VOICE 1-800-735-2466

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION  
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#1094 (12-08)

\*Reference: Active Healthy Living: Prevention  
of Childhood Obesity Through Increased Physical  
Activity. AAP policy Statement. Pediatrics Vol.  
117 No. 5 May 2006. <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;117/5/1834.pdf>



Playing with Your  
4-6 Year Old

Get Fit with WIC  
Department of Health and Senior Services



# 4-6 year old

## Why Physical Activity is Important for Your Child:

- It helps to build healthy bones, heart and muscles
- It develops motor skills and coordination
- It helps children to learn new skills and use imagination
- It helps children to learn about words, thoughts and feelings and to get along with others
- It promotes lifelong healthy habits

## Active Children:

- Are less likely to misbehave and get in trouble
- Have a healthy weight and are less likely to become overweight
- Are more coordinated in their movement
- Are happier and healthier
- Sleep well

## General Guidelines for Physical Activity:

The American Academy of Pediatrics\* suggests:

- Safe and supervised free play that includes fun, playfulness, exploration and experimentation should be encouraged

- Children should take part in unorganized play such as running, swimming, tumbling, throwing and catching
- Preschoolers should begin walking tolerable distances with family members
- Total screen time (including TV, videos, computers and video games) for children two years and older should not be more than one to two hours per day

## What You Can Do to Help Your Child Become More Active:

- Become a role model—children like to do what their parents and caregivers do
- Find activities you can both enjoy
- Let your child play with other children

*Active children are less likely to become overweight.*



- Set time aside every day to play with your child
- Encourage behaviors that involve physical activity—not sitting in front of the TV or computer

## Outdoor Activities for Your Child:

- Go for walks
- Run around in the backyard or park
- Set up obstacles to jump over and run around
- Throw or kick a ball back and forth
- Ride a bicycle or tricycle
- Practice jumping rope
- Play tag

## Indoor Activities for Your Child:

- Set up an indoor treasure hunt with toys
- Dance or march to favorite music
- Play *Follow-the-Leader*: move your body parts and encourage your child to follow

## Everyday Activities for You and Your Child:

- Take your child with you to do errands—avoid using strollers and carts
- Walk up and down stairs
- Take the family dog for a walk
- Include your child in chores such as sweeping, dusting and picking up toys