



Motivating Preschoolers to Be Active

Mary L. Gavin, MD

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Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Upcoming Important Dates	3
Indian Corn	4

Why do Preschoolers Need to Play?

Preschoolers can be unstoppable — running, spinning, leaping and climbing at every opportunity. Their desire to move, move, move makes this a great time to encourage fitness habits that will last.

Kids need to be fit for the same reasons adults do: to improve their health and make sure that their bodies can do what they need them to do. Regular exercise helps kids grow, builds strong muscles and bones, develops important motor skills, and boosts self-esteem.

How Can I keep My Preschooler Active?

So what should parents and caregivers do? You probably already know what will motivate this age group best: fun.

To keep active time fun, know what activities are best for your child's age group and make having a good time the top priority. For instance, preschoolers might groan if you drag them on a boring walk around an exercise track. But if you walk through the woods, stopping to admire nature and tossing rocks into a stream, the walk is much more appealing.

Understanding which skills your child has — and is working on — is another key to keeping it fun. You can have a great time kicking the ball back and forth together, but your child probably wouldn't have much fun if put into a soccer game with all the rules enforced.

How much activity is enough for preschoolers? A reasonable target may be 3 hours a day of light, moderate, and vigorous intensities. Activities should include unstructured active free play and planned, adult-led physical activity.

Fun Away From Home

Look for chances to be active away from home. At a childcare center or preschool, do kids have access to a playground or large indoor space for play? The games and equipment don't need to be fancy. Kids enjoy simple games, such as catch and tag, playing with plastic bats and balls, dancing, and tumbling. And they still love to play "Duck, Duck, Goose," "London Bridge," "I'm a Little Teapot," or "Simon Says."

Preschoolers are working on skills such as hopping, balancing on one foot, throwing and catching balls, pedaling tricycles, and skipping. When kids learn these basic skills now, it builds confidence and makes it more likely that they'll continue to be physically active as they grow up.

...continued on page 3

**Please check
Brightwheel
every day.
There is im-
portant
information
there! Also,
make sure your
child always has
a change of
clothes and/or
diapers/pull-ups,
if necessary.
Thank You!**

Caterpillars/Buttercup Butterflies



For the month of November, our babies are going to talk about our friends and how happy we are at our school. We are still working on our colors, adding some numbers - only one at a time. The babies are going to help with fall paintings by using their little fingers and hands. Perfect for sensory and touch! Also, please welcome Ms. Graciela to our classroom!

-Meme, Ms. Megan, Ms. Graciela & Ms. Brittany

Pixie Butterflies

Hello Pixie families! For the month of November, the Pixie's will finish their Brown Bear book and will take it home to read with their families. Pixies will also participate in a variety of fall themed sensory activities. We look forward to a wonderful new month!



- Ms. Vanessa & Ms. Tiara

Elf Butterflies



In November, our children will learn to be contributing members of a classroom community. Caring for a class pet creates an opportunity for children to see the direct benefits of their responsible actions when they feed the class pet or handle the pet gently and respectfully. They will also gather data and explore a variety of materials used to care for pets and create their own shelter or pet store.

-Ms. China & Ms. Keyanni

Julia Butterflies

Happy fall! This month we will start a new study all about clothes. We will learn how clothes are made, what clothes are made of, what clothes people wear for work, and what clothes you wear for different weather. Be sure to check your child's file folder daily to see all the fun activities they participate in during this study.



-Ms. Paige & Ms. Fallon



Andi's Birthday—November 7th
Closed for Thanksgiving—November 24th & 25th

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Free Time

A little freedom can motivate preschoolers to be active. Though some of their physical activity should be structured and led by a parent or caregiver, sometimes it pays to let them take the lead.

Active free play means letting kids choose the activity and make decisions about what to do — all within a safe and supervised environment, of course. This could include exploring the backyard, running around the playground, or riding a tricycle.

Parents Play an Important Role

Your preschooler is keeping an eye on how you spend your time, so set a good example of being active with your child and exercising on your own.

Other ways you can encourage physical activity:

Limit screen time.

Allow up to 1 hour per day of quality educational programming on TVs, computers, phones, and tablets. Carefully choose games, apps, and the websites your child can visit.

Keep it fun.

Help find activities your child likes and then offer many chances to enjoy them. Keep balls and age-appropriate sports equipment on hand and, if possible, within easy reach for your preschooler.

Supervise closely.

Preschoolers' physical abilities — like climbing to the top of a playground tower — often exceed their ability to judge what's safe and what's dangerous. Likewise, they might not know when it's time to take a break on a hot day. Part of helping kids have fun outside means making sure that they do so safely, so keep a close eye on your child. And don't forget the water bottle, snack, and sunscreen!

Indian Corn

What you will need:

- Toilet paper roll
- Glue
- Buttons in various fall colors
- Yellow tissue paper



1. If your child is old enough, let them add dots of glue themselves but if not, just dot the glue in lines down the cardboard roll and let them get to work on the buttons.

You could easily have them practice their colors by putting them in a certain order or make a few fun patterns with the colored buttons you have. Those little minds are working even during craft time! Not to mention the workout their fine-motor skills are getting by picking up all of those small buttons.

2. Once the cardboard roll is covered in buttons and your glue is all dry, have your child roll up a piece of yellow tissue paper and stuff half of it into the cardboard tube.

Now you have yourself another fun Thanksgiving decoration made just for you by adorable little hands.

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Super Supper

**BBQ Chicken
 Legs with
 Pasta Salad &
 Green Beans**
**Pick-up day is
 Thursday,
 November
 10th.**
\$5.00 each

Pumpkin Pie
**Pick-up
 days are
 November
 18th, 21st,
 22nd & 23rd**
\$4.00 each

**Payment is
 due before
 pick-up**

Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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