

Resources for Families

Many organizations have developed wonderful resources for promoting physical activity at early childhood settings, at home, and in the community. Many of the ideas are relevant to families that have children from birth through age 12. Take some time to review the resources and download those you could use in your work.

Healthy Kids, Healthy Future

- Resources for Parents
<https://healthykidshealthyfuture.org/resources-for-parents/>
- Children’s Activities: Get Kids Moving
<https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/classroom-activities/>

Move Your Way

- Fact Sheet for Parents
https://health.gov/sites/default/files/2019-11/PAG_MYW_Parents_FS.pdf

National Head Start Association

- “Go Smart” app
<https://www.nhsa.org/our-work/initiative/go-smart>