

Parent Pointers

Children who feel supported by friends and families or are surrounded by others interested in physical activity, are more likely to regularly participate in exercise.

Help support their healthy development by:

- Taking a family walk after a meal
- Limiting tv time
- Taking the stairs when possible
- Making sure children get the sleep they need.
- Moving together during commercial breaks on tv



Observation Concentration

Pinkalicious begins to see everything in the world as pink! Play this observation game in order to notice *all* of the colors around you. It can be played in groups of 2 to 20.

- Have all of the players notice the details of their surroundings.
- Then, choose a leader and have all of the players except the leader close their eyes.
- Next, have the leader ask questions about specific objects in the room like, "What color is my shirt?" or "What color is the carpet in the room?"
- Players are selected by the leader to answer the question. After three questions, a new leader is selected. Who will be the color champion?



Pinkalicious

Parent Guide

Topics of conversation and activities to inspire your early learner



Healthy Eating

Good nutrition is the foundation of lifelong health!

Chair Chat-



- For discussion before the play
- Why do you think it isn't good to eat too many cupcakes?
 - Are all cupcakes bad for you? How many cupcakes do you think is too many?
 - Which foods do you love? Why?
 - Which foods do you not like? Why?
 - Are you afraid of trying any new foods?

Table Talk-

- For discussion after the play
- Why do you think "green foods" solve Pinkalicious' Pinkitis?
 - What are some other foods Pinkalicious could eat in order to stay healthy?
 - What else do you think Pinkalicious learns?

Family Challenge

In addition to healthy eating, issue a family challenge to see who can be the first to achieve a "Presidential Active Lifestyle Award" by committing to physical activity five days a week, for six weeks. Adults and children can both receive the award! Go to www.presidentschallenge.org



Parent Guide

Show related activities to inspire your early learner

Fact Check-

Have each member of the family take this true or false healthy living quiz.

- | | |
|---|---|
| T or F 1. Small portions of sweet treats are OK. | T You don't have to get rid of all treats. Use moderation. |
| T or F 2. Regular soda does not contain sugar. | F Soda is high in calories and loaded with lots of sugar. |
| T or F 3. Fruit can't be dessert. | F Sure it can! Bake apples and pears for a yummy treat. |
| T or F 4. The daily recommendation of fruit for children ages 4-8 is 1 -1½ cups. | T Doctors recommended this amount a day in order to stay healthy. |
| T or F 5. Whole grains are not good for you. | F Whole grains are an important source of fiber, B vitamins, and minerals. |



Doctor's Dilemma

You're a doctor and new patients have just visited your office with mysterious symptoms. Name each illness from its colorful treat cause.

So if pink cupcakes causes Pinkitis...

- Blue popsicles?
- Orange cake?
- Red licorice?
- Brownies?