

MOVE, PLAY AND LEARN AT HOME

V1.23 Transport Me

GET READY:

- **Space:** Any size space will work – but the longer the space, the more activity the child will receive.
- **Stuff:** Kitchen tongs, socks and a laundry basket or a box.
- **Time:** Laundry time, playtime.

GET SET:

- Place the laundry basket or box at one end of the playing space. Spread out the socks at the other end of the playing space. The tongs should be with the socks.

GO:

- Using the tongs, the child picks up one sock, moves across the space and drops it in the box.
- The child moves back to the socks and picks up another one.
- Each time the child moves across the space, the movement can be changed – such as walking forward, sideways or on tip toes; or running, galloping or even crawling.

DID YOU KNOW?

When the child is moving with the tongs, encourage safe movements; also make sure the playing space is clear of obstacles, so the child does not fall while moving.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

It is easy to fill a plate full of crackers and cheese slices, and see a child devour it in no time at all. But a significant cause for difficulty with weight maintenance is inaccurate portion control. Did you know that portion sizes can be estimated using items from around the house?

- Three dominoes = 1½ ounce portion size of cheese
- Baseball = 1 cup
- ½ baseball = ½ cup
- Yo-yo = 1 ounce portion size of crackers, chips, bagels, or breads
- Ping-pong ball = 2 tablespoon portion size of butter

Another simple yet valuable reference for portion size is your fist. Nothing you eat should ever be larger than your fist.

Healthy Recipe: Rocky Road (Crunchy Tortilla)

Ingredients:

Tortilla
Nut butter
Sunflower seeds

Directions:

- Spread a small tortilla with a ping-pong ball-sized scoop of nut butter of choice (almond, cashew, peanut).
- Sprinkle with sunflower seeds and then roll up.
- Cut into small bites.

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