



BE ACTIVE KIDS®

Starting Healthy Habits Early:
The Gift that Lasts a Lifetime

2019 HAPPENINGS

Be Active Kids Train-the-Trainer Schedule

February
(Bladen)

March
(Alamance)

August
(Mecklenburg)

October
(Wake)

For more information on trainings email us at info@beactivekids.org

Movement Guide Ordering Schedule

<https://tinyurl.com/MGorders>



Be Active Kids Trainers Wrap-up for 2018!

Through provider trainings and community outreach, our trainers have been using the Be Active Kids curriculum and active play resources to advocate for best practices in physical activity for young children impacting over 700 early childhood providers and reaching over 7,000 children and families across the state.

We were excited to welcome 39 new trainers to our team in 2018 representing 22 counties and look forward to connecting with more trainers in the New Year as we widen our network and deepen our reach to improve the health of children birth to five.



In 2019, be on the lookout for a monthly email in your inbox specifically designed to connect trainers with tips and tools that will enhance your own professional development and training skills. We are grateful for each of you and the important work you are doing to serve children and families in your community with the gift of Active PLAY!

Play in 2018!

What a fun and playful year! Over the past year we have had over 150 play events across North Carolina, reaching over 10,000 children and families. PlayDaze took place in churches, child care centers, parks, schools and in homes in more than 20 counties. The PlayMobile traveled to 10 additional counties reaching over 2,300 children and families. The PlayMobile was also used to educate early child care providers, students and families at other gatherings including the Natural Learning Initiative Design Institute, the US Play Coalition Conference, Sandhills Community College, National Smart Start Conference, and Association of Children's Museums Annual Conference.



Help us get more children and families playing in 2019 by holding your own PlayDaze or PlayMobile event! **#playdaze #playmobile #playpods**

Conferences

ASK Conference
Feb. 23rd

CCR&R
March 12th - 13th

US Play Coalition
Conference
March 31st - April 3rd



Smart Start Conference
April 29th - May 2nd

ECPAI
May 20th - 22nd

NCAEYC Conference
September 12th - 14th



Partnering with Shape NC



Over the course of 2018, Be Active Kids has been a key partner in the implementation of the Shape NC initiative which provides comprehensive prevention of early childhood obesity. Be Active Kids has:

- Completed site visits for 40 centers to review their physical activity practices inside and outside
- Developed resources to help providers choose and utilize appropriate portable play equipment
- Trained Shape NC coaches and technical assistants in the Be Active Kids Movement Guide
- Created age appropriate portable play equipment packages for all infant, toddler, and preschool classrooms involved in the Shape NC initiative
- Provided loose parts trainings and example PlayDaze events for all those involved in the Shape NC initiative

Be Active Kids will continue to partner with Shape NC in the years to come.

Tips for the Season!

Tis the season to eat, drink, and be merry! Throughout the month and into the New Year many of us will be off of our routines of healthy eating and being active. Here are a few tips to stay healthy during the holidays:

- When shopping, don't fight for the closest parking spot. Park further out in the parking lot and log a few more steps.
- Make an appointment each day to take at least 30 minutes to be active.
- Make a "no dumping" food rule at work. Ask co-workers not to bring in unhealthy snacks or desserts that they don't want at home.
- Eat a small healthy snack before going to social events so you won't be so hungry.
- Share a meal if you are going out to eat. Portion sizes at most restaurants are more than a serving.
- Drink plenty of water and avoid sodas and sugary juices.
- Take a break from the hustle and bustle and just goof off, play, connect!



What's New in 2019!

As with all things in life, Be Active Kids will have some changes in 2019. First, we will begin the New Year with a new campaign, Be Active with Blue. The **#beactiveblue** campaign will strive to help children, providers and families be more active through our caring cub, Blue. It will include blogs, physical activity resources, social media challenges, spotlights, and even nutrition information. Blue will be traveling across North Carolina rewarding people for being active, so keep being active in your communities and see if Blue can spot you!

#caughtbeingactive #wheresblue

As we plan for the upcoming year, Be Active Kids wants to make sure we continue to support you in your efforts to improve the health of children birth to five years old. We always welcome your feedback and suggestions to help you better serve the children and families you work with in your community.

#beactiveblue



Additionally, Be Active Kids will be changing the look of our newsletter. The newsletters will be more concise which will allow for links to stories, recipes, information, and resources to be found on the Be Active Kids website. Information provided in the newsletter will be available for schools and centers to use in their own school or center including in newsletters, take homes, social media posts, and bulletin boards. We will be reaching out to you all for ideas and suggestions, so stay tuned.

Finally, in addition to our Train-the-Trainer offerings, Be Active Kids will be offering webinars and play trainings to get providers, children and families more physically active. We encourage anyone who is interested in physical activity and play to take part in these webinars and trainings. We also encourage you to share what topics you would like to learn more about or areas you are interested in by emailing us at info@beactivekids.org.

Save the Date for the 2019 Early Childhood Physical Activity Institute:

Be Active Kids has teamed up with Dr. Diane Craft of Active Play Books and other international, national and local experts in the fields of Health, Physical Activity, Recreation, Physical Education, Play, Nature, and Community Environments to provide an extensive physical activity training experience to individuals working with child care providers, preschool teachers or others who interact with large groups of young children on a regular basis. The Early Childhood Physical Activity Institute will be May 20th - 22nd at Marbles Kids Museum in Raleigh.

Our opening session, May 20th, will welcome Dr. Peter Gray, Dr. Eric Drollett and Tanya Dennis as they share their knowledge and experience on the positive effects of movement and physical activity on social, emotional, and cognitive health. This session is open to everyone from partners, to providers, to allied health professionals, to parks and recreation experts.

Following our opening session Dr. Diane Craft, from Active Play Books, and Be Active Kids very own Rich Rairigh will provide an extensive two-day physical activity experience for 15-20 previously selected candidates. (May 21st-22nd)

Registration begins January 15th!

Be Active Kids wishes you and yours a Happy Holiday Season!



**Be Active Kids is a signature program of the
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