NC Early Childhood Physical Activity Institute 2013

Linda Carson, Ed D
Ware Distinguished Professor Emerita
West Virginia University
CEO, Choosy Kids
Today’s Messages:
1. Be Who You Were
2. Try Not To Use The F Word
3. Development Depends
PA in Early Childhood Settings
Early Childhood: The Last Frontier of Obesity Prevention

Building preferences for healthy habits when preferences are first being formed
Develop Healthy Learners With Physical Activity
I’m So Happy That I’m Healthy!
I’m So Happy That I’m Strong!

I Like It
Like That

I’m So Happy That I’m Healthy!
I’m So Happy That I’m Strong!
Slide to Your Side, Slide to Your Side

Go back

Slide to Your Side, Slide to Your Side
Now JUMP 3 times (1-2-3)

JUMP 3 times (1-2-3)

To the front
To the back

To the front
Oh Yeah…

I Like It
Like That!
Now Move It..... Now Move It..... Now Move it..... Now Move It..... Now Move It..... Now Move It.....

Freeze!!!
I’m So Happy That I’m Healthy!
I’m So Happy That I’m Strong!
Slide to Your Side,
Slide to Your Side

Go ↔ back

Slide to Your Side,
Slide to Your Side
Now JUMP 3 times (unos, dos, tres)

JUMP 3 times (unos, dos, tres)

To the front
To the back
To the front
Oh Yeah…

I Like It Like That!
Now Move It..... Now Move It..... Now Move it.... Now Move It..... Now Move It..... Now Move It....

Freeze!!!
I’m So Happy That I’m Healthy!
I’m So Happy That I’m Strong!
I Cover My Cough

Agh.....Agh
I Brush My Teeth
I Eat My Fruits and Veggies

Like Choosy! Like Choosy!
I Eat My Grains and Beans

M-m-m-m-m, M-m-m-m-m, M-m-m-m-m
Show Your C’s If You’re Down With Me (x4)
Let’s dance.... Let’s sing..... Let’s do our thing!
I’m So Happy That I’m Healthy
I’m So Happy That I’m Strong!
Music Makes Me Feel Good!
Moving Exercises My Brain!
Moving Energizes My Body!
Moving Gets Me Ready to Learn!

I Am Ready to Learn!
We have finally learned enough from studying disease to understand health.
Your Body Is Designed To Be Healthy

- Designed to Move (5-10 miles a day)
- Designed to be Nourished (by Fruits, Vegetables and Grains)
- Designed to be Hydrated (by Water)
BE WHO YOU WERE
Survival Of Fittest Was A Reality And Still Is Today

You Have the Biology of Survivors

You Have The DNA of Your Ancestors
Over the last 30 years, obesity has increased for:

- Both Genders
- All Age Groups
- All Income Levels
- All Racial and Ethnic Groups
North Carolina

• For children ages 2 to 4 years, prevalence of overweight increased by 45% between 1984 and 2009.

• Prevalence for obesity in 2-4 year olds increased by 149% during this same time period.

Source:
CDC, Overweight and Obesity.
http://www.cdc.gov/obesity/index.html
NC Pediatric Nutrition Surveillance System, Summary of Trends in Overweight and Obesity Indicators
Obesity Is...

A biological response to the environment
A biological response to our policies and practices
NC Child Care Commission (NCCCC) created licensing requirements to increase physical activity in child care facilities.
Policies That Promote Healthy Eating and PA

**Early Childhood Obesity Prevention Policies**
(Institute of Medicine)
Examines the evidence and provides guidance on policies for children up to age 5

**Preventing Childhood Obesity in Early Care and Education Programs in Caring for Our Children**
(American Academy of Pediatrics)
Best practices in nutrition, physical activity, and screen time for ECE settings
American Academy of Pediatrics


Lee County WIC,
Lee County Health Department, FL
Let’s Move

No screen time for children under age 2
30 minutes or less weekly for ages 2 and up during child care
No more than 1-2 hours of screen time daily at home

healthykidshealthyfuture.org
60 Minutes of WHAT?
National Association for Sport and Physical Education (NASPE, 2009)

- 60 minutes or more STRUCTURED PA
- 60 minutes or more of unstructured PA
- Develop movement skills and concepts
Increased Quantity AND Quality
Physical Activity in Early Childhood

Pre school children are
1. *Not* miniature adults
2. *Not* miniature athletes
Try NOT To Use The F Word

Fitness is a by-product of Play, Adult Guided Movement Activities, and Ample Time For Practice of Motor Skills
Maturation

Development
Development Depends On YOU!
We have been measuring PA in children without considering the role that learning to move and refining motor skills have on physical activity.

Stodden, et al, Quest, 2008
Motor Skill Competence

One of the most powerful underlying mechanisms influencing engagement and persistence in physical activity

Stodden, et al, Quest, 2008
If children can’t jump, hop, catch, and throw, etc, they may have limited interest and opportunities for engagement in childhood games, recreational activities, and sports later on in life.

Stodden, et al, Quest, 2008
The Body Builds the Brain!

Build and connect neural networks with **variety**.

Strengthen neural networks with **repetition**.
Brain networks are strongest in early childhood.

Developing brains use incoming sensory, perceptual, and movement information to define and “wire” the brains of young children.
“Physical activity is like Miracle Gro for the brain!”

John Ratey, Harvard Psychiatrist
Executive Function

- Describes the cognitive processes that support adaptive, goal directed learning

Should also be used to describe motor competence
Tell Your Body What To Do

• Motor Planning
• Self Regulation
• Controlled Movements
• Self Confidence
• Body Management
• Skill Competence
I’m The Boss!

I’m the Boss
Track #14: Choosy Nation CD
I'm the boss of my body, I tell it what to do
I'm in charge like Choosy, and here's how I move

'Cause I'm the boss...yeah
I'm the boss...yeah (x3)
Now chill...
I boss my arms high to low (x3)
I boss my legs jump side to side (x3)

I boss my hands raise the roof (x3)

And then I stretch myself big and tall (x3)
I'm the boss of my body, I tell it what to do
I'm in charge like Choosy and here's how I move
'Cause I'm the boss, yeah I'm the boss, yeah (x4)

Now chill...
I boss my tummy
    twist yourself
I boss my feet
    march in place
I boss my fingers
    touch the ground
And then I boss myself
    turn around
'Cause I'm the boss, yeah
I’m the boss...yeah (x3)

I'm the boss of my body,
I tell it what to do

I'm in charge like Choosy,
and here's how I move
Body Language
Rate of word acquisition explodes during early childhood

• By the age of three, most children have acquired nearly 850 words. By the age of six, they have acquired nearly 10,000 words (Fenson, et al, 1994).

• The opportunity for those working and living with children between the ages of 3 and 6 is very significant
Concrete Experiences With Objects

Playing with props that relate to words:
1) assists with retention, 2) increases use of words, and 3) increases use of words in appropriate context.
Experiencing Text Enriched Environments

OVER
THROUGH
UNDER
Music: The Universal Teaching Tool

- Elevate heart rates
- Cross midlines
- Teach school readiness skills
- Help children perform and practice motor skills
- Embedded messages about healthy bodies and habits
Characters Influence Children

Children preferred the taste of foods and selected foods for snacks more often when a character appeared on the packaging.

The President’s Task Force Report on Childhood Obesity recommends using children’s characters to promote healthy options, rather than attracting children to unhealthy food and beverages.


Health Needs a Hero!

Consistent Health Messaging

Lanigan, J.D. *Child: Care, Health and Development* (2010)
Knowledge is NOT power

To be powerful, we must translate knowledge into action
Today’s Messages:
1. Be Who You Were
2. Try Not To Use The F Word
3. Development Depends
Feed Them Well
Move Them More
Feed Them Well
Move Them More
Healthy Children
North Carolina
Proud Traditions
In Our Homes and Schools
Health Is Wealth Here
Move Them Every Day
Choosy’s Here
To Help Them
Move And Learn And Play
Choosy Says
Health Is Wealth
Make Them Rich
And Fit For Life
In North Carolina
Mountain Healthy
Feed Them Well
Move Them More
All Our Memories
Of Our Childhood
Go to Play Time
What We’ve Learned
We Cherish…
Make Those Memories
Cheer Them When They Try
Bonds Made In Childhood
Put Tear Drops In Our Eyes
Choosy Says
Health Is Wealth
Make Them Rich
And Fit For Life
In North Carolina
Mountain Healthy
Feed Them Well
Move Them More
I Hear That Voice When I Have To Make A Choice Nudging Me To Nourish And Move Them Every Day
Choosy Says, Let’s Go
We Need To Move And Learn
And Learn And Move, And
Play, Play, Play
Everyday…
Choosy Says
Health Is Wealth
Make Them Rich
And Fit For Life
In North Carolina
Mountain Healthy
Feed Them Well
Move Them More
Feed Them Well
Move Them More

Feed Them Well
Move Them More
Well Done NC!
When I get home I will.....
Be Choosy Outside

YEE-HAW!

Track #2
Choosy Nation CD
Let’s play, let’s play…..outside
Let’s learn, let’s learn….. outside

Let’s learn in nature
And we can make sure

We’re Choosy,
We’re Choosy outside
Narration: Let’s learn and move outside!

Gallop like a pony
Jump up as high as the tallest tree
Climb the ladder to the top of the slide
March in the tall grass
Can I get a “Yee-Haw!?”
Hop on one foot across small puddles
Row, row, row your boat
Leap across big puddles
Swim in the water
Let’s play,
lets play outside

Let’s learn,
let’s learn outside

Let’s learn in nature
and we can make sure

We’re Choosy,
We’re Choosy outside
Dig in the dirt with your shovel

Bend down to smell the flowers

Walk across a log

Buzz from flower to flower like a bee

Can I get a “Yee Haw!?”
Pull the weeds in the garden

Make your arms be the big sun

Water your pretty plants

Grow taller and taller like a sunflower
Let’s play, lets play…..outside
Let’s learn, let’s learn….. outside

Let’s learn in nature
And we can make sure
We’re Choosy, we’re Choosy outside

Can I get a “Yee-Haw!?"
Parents and Grandparents: Valued Play Partners
This is My Body!

This Is My Body
I’m Going To Treat It Right
My Bones & Muscles
My Heart & My Mind

This Is My Body
It’s Mine, All Mine
My Arms & My Legs
My Ears & My Eyes
Parents Are The First & Most Influential Teacher
Parents and Grandparents: Valued Play Partners
“Influential Others” for Preschool Children

Child Care/Preschool
Children’s Characters
Health Care Providers
Family
Church

Consistent Health Messaging
Motivation Modification
Continuity Across Influential Others
Developing Healthy Children

This Is My Body
I’m Going To Treat It Right
My Bones & Muscles
My Heart & My Mind

This Is My Body
It’s Mine, All Mine
My Arms & My Legs
My Ears & My Eyes
Informing Families With Consistent Health Messaging

Health Needs A Hero
Policies That Promote Healthy Eating and PA

**Early Childhood Obesity Prevention Policies**
(Institute of Medicine)
Examines the evidence and provides guidance on policies for children up to age 5

**Preventing Childhood Obesity in Early Care and Education Programs in Caring for Our Children**
(American Academy of Pediatrics)
Best practices in nutrition, physical activity, and screen time for ECE settings
IOM Policy Recommendations

1. Healthcare providers make parents aware of their child’s excess weight early on
2. Parents and child care providers keep children active throughout the day, provide them with healthy diets, limit screen time, and ensure children get an adequate amount of sleep.

Institute of Medicine Report June 2011
Do WV Infant Toddler Leaders Like to Move It?