



April 2020



Hey Friends! It is April and things are getting pretty warm here in North Carolina. Although we are all adjusting to a new way of life, it's important for us to stay healthy and safe. We can do this in so many ways. Here are just a few: 1) washing our hands, 2) practicing social distancing, 3) staying informed by viewing latest government information and recommendation, and 4) continuing to eat healthy and get physical activity. As the **COVID-19** pandemic continues we encourage you to stay positive, benefit from this extra time with our families, and stop to listen to the bird's chirp. For more information on the topic of Social Distancing from our friend Dr. Audrey Veach click [here](#).

Due to the effects of the **COVID-19** pandemic, Be Active Kids will be posting more diverse resources throughout our social media platforms for all age children and families, as we navigate this time together. Additionally, we have created a weekly e-mail that will be sent out to everyone in our network that will provide fun activities, learning ideas, and healthy eating habits. We know we can get through this difficult time together. For more information on how to stay connected, contact us at [info@beactivekids.org](mailto:info@beactivekids.org) or call 919-287-7012.

#### Tips on preventing COVID-19



Wash your hands



Avoid handshakes



Avoid public gatherings



Stay away from those who are sick

In April we celebrate The **Week of the Young Child** (April 11 – 17). To learn more about the Week of the Young Child, we reached out to Lori Barnes, Executive Director of the North Carolina Association for the Education of Young Children (NCAEYC). Lori told us that "WOYC is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs."

The **Week of the Young Child**™ was first started in 1971, recognizing that the early childhood years (birth through age 8) are the foundation for children's success in school and later life. It is a week to acknowledge that there is no time like the present to plan how the community, cities, counties, and states will better meet the needs of all young children and their families.

To navigate the 2020 Week of the Young Child, the NCAEYC has created a tool kit. This toolkit gives fun ideas to make it a week all the children will remember. My friends and I want to remind you that physical activity can be included in everything you do during WOYC and beyond. We hope you will check out The Be Active Kids Week of the Young Child [flyer](#) to integrate movement into each day of the week. Though the 2020 Week of the Young Child celebration may be different, this year, we challenge to to celebrate this week as best as possible and share with us how you made it fun and active!



My friends and I know that many of our friends are doing school online, but we want to challenge you to limit your screen time and find ways to be active inside and out. Share your active pictures on Facebook, Twitter, and Instagram by using [#beactiveblue](#), [#caughtbeingactive](#), and [@beactivekids](#).

Stay active! See you in May

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