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**Resource Centers and  
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Wallace Education Center  
Merrill School

**Administered By**  
Whiteside County Regional  
Superintendent's Office

**Funded By**  
State Board of Education  
Prophetstown Dist. #3  
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Rock Falls Dist. #13  
Riverdale Dist. #14  
Montmorency Dist. #145

*Whiteside County*

# *PARENTS AS TEACHERS*

*1001 West 23rd Street  
Sterling, IL 61081*

*Office Phone 625-1495  
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A Whiteside County Regional Office of Education Publication

July 2005

## **Bring A Friend To The Park**

Do you have a neighbor, friend, or relative who would like to be a part of Parents As Teachers? If so, this month would be a good time to introduce them to the program by bringing them to one of our park activities. Check the enclosed activity schedule for PARK IT WITH A BOOK dates, times, and locations in July.

Each year, we have families leave our program because their youngest child is entering kindergarten or they have moved out of the area. This enables the parent educators to enroll new families.

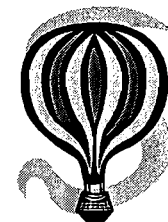
The only requirements for enrollment are that the family lives in a participating school district in Whiteside County and has a child birth to age five. We also will enroll a family who is expecting their first child within three months. You will find a Parents As Teachers program information page in the back of this newsletter. Please pass it on to someone who you think may be interested in enrolling.



## **Helpful Summer Hints**

### **Remember to Wet Your Whistle:**

In the summer, it is important to drink 6-8 cups of fluids a day. The body is made up of 70% water, so fluids are necessary to keep healthy. Some drinks are better than others. Coffee and tea will pull water from the body, causing dehydration. Milk is a healthy drink, but it can clog air passages and make it difficult to breathe. Usually, the best liquid to replenish body fluids is plain water. Fruit juices are also a good summer drink, in limited amounts.



## **Summer Travel Websites**

Check out these websites to see what Illinois has to offer in travel and sight-seeing.

<http://www.alplm.org>

Home of the new Abraham Lincoln Library and Museum in Springfield, IL

<http://www.enjoyillinois.com>

Illinois - Mile after Magnificent Mile

# Physical Fitness for Preschool-Age Children

*Childhood obesity has tripled in just 20 years. Preschool children who are inactive risk becoming overweight later in life. The U.S. Surgeon General says daily exercise is a key to being fit.*

## What physical activities can you expect preschool-age children (ages 3-5) to do?

- |                                       |  |
|---------------------------------------|--|
| <b>By age 3</b><br>most children can: | <ul style="list-style-type: none"><li>• go up and down stairs by alternating their feet</li><li>• jump in place</li><li>• throw overhand</li></ul> |
| <b>By age 4</b><br>most children can: | <ul style="list-style-type: none"><li>• catch a bounced ball</li><li>• jump with a running start</li><li>• pedal a tricycle</li></ul>              |
| <b>By age 5</b><br>most children can: | <ul style="list-style-type: none"><li>• skip, leading with one foot</li><li>• roll like a log</li><li>• "pump" on a swing</li></ul>                |

## What can you do at home or in child care to help young children be physically fit?

- Encourage them to get moving. Make positive comments that focus on effort: "Wow, you zoomed down the slide!" "You almost made a basket!"
- Provide at least 60 minutes a day for active free play. Let them run, climb, march, pedal, throw, roll, skip, dig, and jump in a safe space until they are tired. Offer riding toys, balls, beanbags, climbers, balance beams, and obstacle courses.
- Think about safety. Help children remember hats and mittens during cold weather. In hot weather, see that they cool off in the shade and drink plenty of water. Whatever the weather, help them avoid overexposure to direct sunlight.
- Plan an hour or more of structured physical activity each day. Families and caregivers can teach creative movement, dance, and game-playing skills. Some park districts also offer classes in swimming, group games, or ballet for young children. Classes should focus on skills and fun, not winning and losing. In most cases, organized sports are more appropriate for older children.
- Turn off the TV and computer. Experts say preschoolers should not sit in one place or lie down for more than an hour at a time unless they are sleeping. Limiting "screen time" provides more opportunities for active play.
- Set a good example. Let children see you eating healthy food and being active. Note: Doctors say it is better to talk about becoming strong and healthy, rather than about "being thin" or "losing weight."
- Exercise together. Try sledding, hiking, gardening, and games like catch or tag. Stress cooperation and fun rather than winning.
- Share books that show the importance of fitness. Offer children books about dancers, athletes, construction workers, farmers, and other physically active people.

## For related Web resources, see "Physical Fitness for Preschool-Age Children" at <http://illinoisearlylearning.org/tips.htm>.



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Illinois State Board of Education

# Mantenga en forma a los niños preescolares

*La obesidad infantil se ha triplicado en solo 20 años. Los niños preescolares inactivos corren el riesgo de tener sobrepeso más tarde en la vida. El Cirujano General de EE.UU. señala que el ejercicio diario es una clave para mantener la buena forma física.*

## ¿Cuáles son las actividades físicas que puedo esperar de los niños preescolares (de tres a cinco años)?

**Para los 3 años de edad,  
la mayoría de los niños puede:**

- subir y bajar escaleras alternando los pies
- saltar en un lugar
- tirar cosas por encima del hombro

**Para los 4 años de edad,  
la mayoría de los niños puede:**

- agarrar una pelota que rebota
- saltar después de que han empezado a correr
- pedalear un triciclo

**Para los 5 años de edad,  
la mayoría de los niños puede:**

- retozar con un pie enfrente del otro
- rodar en el suelo
- mover las piernas en un columpio para ir más alto

## ¿Qué puedo hacer en casa o en la guardería para ayudar a niños de esta edad a mantenerse en forma?

- Anímelos a moverse. Haga comentarios positivos que se enfoquen en el esfuerzo: "¡Increíble, qué rápido bajaste por el tobogán!" "¡Casi echaste la pelota a la canasta!"
- Provea al menos 60 minutos de juego libre activo por día. Deje que los niños corran, trepen, marchen, pedaleen, tiren, rueden, retocen, caven y salten en un lugar seguro hasta que estén cansados. Ofrezca juguetes para montar, pelotas, bolsitas para tirar, equipo de trepar, balancines y cursos de obstáculos.
- Tome en cuenta la seguridad. Ayude a los niños a recordar las gorras y los mitones o guantes durante el tiempo frío. En tiempo caluroso, asegure que jueguen a la sombra para tener menos calor y tomen bastante agua. Independiente del tiempo, ayúdeles a evitar la exposición excesiva a la luz directa del sol.
- Planifique una hora o más de actividad física estructurada cada día. Las familias y los cuidadores pueden enseñar el movimiento creativo, el baile y las habilidades de juegos deportivos. Algunos distritos de parques también ofrecen clases de natación, juegos grupales o lecciones de baile clásico para niños pequeños. Las clases deben enfocarse en las habilidades y la diversión, no en el ganar o perder. En la mayoría de los casos, los deportes organizados son más apropiados para niños mayores.
- Apague el televisor y la computadora. Los peritos o expertos señalan que los niños preescolares no deben quedarse sentados en un solo lugar o acostados durante más de una hora a menos que estén dormidos. Al limitar el tiempo frente a "la pantalla", se proveen más oportunidades para el juego activo.
- Dé un buen ejemplo. Deje que los niños lo observen comiendo alimentos saludables y realizando actividades físicas. Nota: Los médicos señalan que es mejor hablar sobre hacerse fuerte y sano, en vez de "ser delgado" o "adelgazar".
- Hagan ejercicios juntos. Pruebe deslizarse por la nieve en trineos, excursiones a pie, trabajar en el jardín y jugar a agarrar la pelota o perseguirse o marro. Recalque la cooperación y la diversión en vez de ganar.
- Comparta libros que muestren la importancia de la buena forma física. Ofrezca a los niños libros acerca de bailarines, atletas, obreros de construcción, agricultores y otras personas que hacen mucha actividad física.

English Title: Physical Fitness for Preschool-Age Children



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# Physical Fitness for Toddlers



*Toddlers can keep us so busy that we might think they will always be physically fit. But doctors say toddlers who get used to an inactive life style are at risk for obesity later in life. According to the U.S. Surgeon General, daily physical activity is a key to being fit.*

## ★ What physical activities can you expect toddlers (ages 1½ to 3) to do?

As a general guide, here are some physical skills toddlers at different ages usually have:

**By 18 months**  
most children can:

- walk well (even backwards)
- go downstairs backwards on hands and knees
- roll objects on the floor

**By age 2**  
most children can:

- run
- push a chair in position to obtain out-of-reach objects
- turn handles to open and close doors

**By age 3**  
most children can:

- go up and down stairs by alternating their feet
- jump
- throw overhand

## ★ What can you do at home or in child care to help a toddler be physically fit?

**Offer toys that encourage toddlers to use their muscles.** Provide building toys, riding toys, balls and beanbags, and climbers.

**Provide plenty of time for active free play.** Experts say toddlers need more than 60 minutes of unstructured physical play in a safe place every day. Morning, afternoon, and evening—let them set their own pace! They can walk, run, roll, climb, slide, pull, push, throw, and jump until they're tired.

**Turn off the TV, VCR, and computer.** Toddlers should not sit in one place or lie down for more than an hour at a time except when sleeping.

**Find ways to make exercise fun.** Up to 60 minutes a day of structured physical activities can be good for toddlers:

- Lead them in creative movement. They can pretend to be animals, workers, or machines. Teach them group games like "Follow the Leader" or "Ring around the Rosie." They can practice their skills and learn new ways to move.
- Make an obstacle course. Indoors or out, toddlers can take turns going over, under, around, and through furniture, boxes, and climbing equipment.
- Move to music! Bounce, sway, clap, march, dance, or play rhythm instruments.
- Exercise together. Make it a part of your routine. Do stretches before lunch. Play in the park or take a walk before the sun goes down (but not too close to bedtime!).

**Set a good example.** Let toddlers see you walk, run, bike, build, dance, climb, or play ball.

**Share books about people who lead active lives.** Stories of athletes, dancers, astronauts, farmers, and other physically fit people show children that exercise is important.

**If you have questions or concerns about the physical activities your toddler can do, you may want to check with your health care provider.**

★ For related Web resources, see "Physical Fitness for Toddlers" at <http://illinoisearlylearning.org/tips.htm>.



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9/03

# Mantenga en forma a su hijo de 1 o 2 años de edad

Los niños de esta edad pueden mantenernos tan ocupados que podríamos pensar que siempre estarán en buena forma física. Pero los médicos señalan que los niños de 1 y 2 años de edad que se acostumbran a un estilo de vida con poca actividad física, corren riesgos de ser obesos más tarde en la vida. Según indica el Cirujano General de EE.UU., la actividad física diaria es una clave para mantener la buena forma física.

## ¿Cuáles son las actividades físicas que puedo esperar de los niños de un año y medio a tres años?

He aquí algunas habilidades físicas que los niños de esta edad suelen tener en general:

**Para los 18 meses de edad, la mayoría de los niños puede:**

- caminar bien (incluso para atrás)
- bajar la escalera para atrás a gatas
- rodar objetos sobre el suelo

**Para los 2 años de edad, la mayoría de los niños puede:**

- correr
- empujar una silla hasta donde puede usarla para alcanzar objetos lejanos
- dar vueltas a pomos o picaportes para abrir y cerrar puertas

**Para los 3 años de edad, la mayoría de los niños puede:**

- subir y bajar escaleras alternando los pies
- saltar
- tirar cosas por encima del hombro

## ¿Qué puedo hacer en casa o en la guardería para ayudar a niños de esta edad a mantenerse en forma?

**Provea juguetes que los animen a usar los músculos.** Ofrezca juguetes para construir, montar y trepar, pelotas y bolsas de tela llenas de frijoles.

**Deles mucho tiempo para el juego libre activo.** Los peritos señalan que los niños de 1 y 2 años de edad necesitan más de 60 minutos de juego físico sin estructura en un lugar seguro todos los días. Por la mañana, la tarde y la noche, ¡deje que vayan a su propio paso! Podrían caminar, correr, rodar en el suelo, trepar, dar saltos, deslizar cosas, tirarlas, empujarlas y echarlas hasta cansarse.

**Apague el televisor, el VCR (video-casetera) y la computadora.** Los niños de esta edad no deberían permanecer sentados o acostados en un solo lugar por más de una hora sin interrupción a menos que estén durmiendo.

**Busque maneras de hacer los ejercicios divertidos.** Puede ser provechoso para los niños de esta edad hasta 60 minutos al día de actividades físicas estructuradas:

- Enséñeles movimientos creativos. Podrían hacer de cuenta que son animales, trabajadores o máquinas. Muéstreles juegos en grupo como "Follow the Leader" (Sigue al jefe), "Ring Around the Rosie" o "La víbora, la víbora, la víbora del mar". Podrían así practicar sus habilidades y aprender nuevas maneras de moverse.
- Haga un "curso de obstáculos". Bajo techo o al aire libre, los niños de 1 y 2 años de edad podrían turnarse andando debajo, encima, alrededor y a través de muebles, cajas y equipos para trepar.
- ¡Muévanse con la música! Den brincos, menéense, aplaudan, marchen, bailen, o toquen instrumentos rítmicos.
- Hagan ejercicios juntos. Hágalos parte de su rutina. Estírense antes del almuerzo. Jueguen en el parque o den un paseo antes de la puesta del sol (¡pero no muy cerca de la hora de acostarse!).

**Dé un buen ejemplo.** Deje que los niños pequeños lo observen dando paseos, corriendo, montando bicicleta, construyendo, bailando, trepando o jugando a la pelota.

**Comparta libros acerca de personas que tienen una vida sana.** Cuentos de atletas, bailarines, astronautas, granjeros y otra gente en buena forma física muestran a los niños que el ejercicio es importante.

**Si tiene preguntas o preocupaciones sobre las actividades físicas que su hijo de 1 o 2 años de edad es capaz de hacer, podría consultar a su proveedor de atención médica.**

English Title: Physical Fitness for Toddlers



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# July Parent and Child Activities

## For All Parents As Teachers Families and Friends

### **PARK IT WITH A BOOK**

Story and play time in the park for you and your children.  
Families attending will receive a copy of the book of the week to take home.

**\*Please bring a blanket for story time.**

**Date:** Wednesday, July 6  
**Time:** 10 a.m.  
**Place:** Centennial Park - **Rock Falls**

**Date:** Thursday, July 7  
**Time:** 10 a.m.  
**Place:** Heritage Park - **Erie**

**Date:** Tuesday, July 19  
**Time:** 10 a.m.  
**Place:** Booth Park - **Tampico**

**Date:** Wednesday, July 20  
**Time:** 10 a.m.  
**Place:** Kilgour Park - **Sterling**

**Date:** Tuesday, July 26  
**Time:** 10 a.m.  
**Place:** Centennial Park - **Rock Falls**

**Date:** Thursday, July 28  
**Time:** 10 a.m.  
**Place:** Kelly Park - **Morrison**



**\*All activities will be cancelled if it is raining.**

## WHITESIDE COUNTY PARENTS AS TEACHERS

### What is Parents As Teachers?

PAT is a school-based parent education program which provides developmental information and support to families with children birth through age 5.

It is based on the knowledge that the first three years of a child's life are a critical time in the development of communication, social-emotional, motor, and cognitive skills.

Parents who understand each stage of their child's development and offer materials and experiences that are appropriate at each stage will be giving their child the best possible start in life.

### Why does the Whiteside County Regional Superintendent of Schools offer this program?

Because the way a child grows and learns, beginning at birth, has an enormous impact on later success in school and life.

Parents who feel confident as their child's first and most important teacher will be giving their children the security and encouragement they need to become curious, eager learners and independent, capable persons.

Parents As Teachers is a voluntary program available without charge to Whiteside County families with children birth to age 5.

### Services Offered:

- Personalized home visits by a certified parent educator specially trained in child development.
- Group meetings and playgroups where you can share parenting experiences and gain new insights.
- Information and guidance, beginning even before your baby is born.
- Lending libraries where parents may borrow toys and books for use at home with their child.
- Periodic screening of children to follow growth and development.
- A monthly newsletter.

For more information about Parents As Teachers, contact Pat Rhodes at 815/625-1495.

## **Sterling Municipal Symphony Band**

Concert In The Park  
Wednesday evenings in July  
Beginning at 7:30 p.m.

**Grandon Civic Center**  
Across from the Sterling Post Office

Bring the family, a blanket, and  
enjoy the glorious music.

**FREE Admission**



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