



Raising a Fit Preschooler

Preschoolers have a lot of energy, which they use in a more organized way than when they were toddlers. Instead of just running around in the backyard, a preschooler has the physical skills and coordination to ride a tricycle or chase a butterfly.

Preschoolers also are discovering what it means to play with a friend instead of just alongside another child, as toddlers do. Being around other kids helps preschoolers gain important social skills, such as sharing and taking turns. Despite occasional conflicts, preschoolers learn to cooperate and interact during play.

Helping Kids Learn New Skills

Preschoolers develop important motor skills as they grow. New skills your preschooler might show off include hopping, jumping forward, catching a ball, doing a somersault, skipping, and balancing on one foot. Help your child practice these skills by playing and exercising together.

When you go for a walk, your preschooler may complain about being tired but most likely is just bored. A brisk walk can be dull for young kids, so try these tips to liven up your family stroll:

- Make your walk a scavenger hunt by giving your child something to find, like a red door, a cat, a flag, and something square.
- Sing songs or recite nursery rhymes while you walk.
- Mix walking with jumping, racing, hopping, and walking backward.
- Make your walk together a fun math lesson as you focus on numbers and counting: How many windows are on the garage door? What numbers are on the houses?

How Much Activity Is Enough?

Physical activity guidelines recommend that preschoolers:

- are active throughout the day
- move and engage in both active play and structured (adult-led) physical activity
- do activities such as jumping, hopping, and tumbling to strengthen bones

Preschoolers should do a variety of fun and challenging physical activities that help build skills and coordination, but aren't beyond their abilities. They should be active about 3 hours a day, including light, moderate, and vigorous activities.

Preschoolers shouldn't get more than 1 hour a day of screen time (watching on a TV, computer, phone, or tablet).

How Can I Keep My Preschooler Moving?

Preschoolers should get a mix of physical activities, from playing "Duck, Duck, Goose" at preschool to moving around in a tumbling or dance class.

Play together in the backyard and take trips to the playground where they can run, jump, and climb.

Many kids love being outdoors, but lots of fun things can be organized indoors: a child-friendly obstacle course, a treasure hunt, or forts made out sheets and boxes or chairs. Designate a play area and clear the space of any breakables.

Here are some more ideas for active play inside:

- Play bounce catch.
- Use paper airplanes to practice throwing.

- Balance a beanbag on your heads while walking — make this more challenging by setting up a simple slalom course.
- Play freeze dance.
- Play wheelbarrow by holding your child's legs while they walk forward on their hands.

What About Organized Sports?

Many parents are eager to enroll their preschool child in organized sports. Some leagues may be open to kids as young as 4 years old, but most preschoolers can't understand complex rules and often lack the attention span, skills, and coordination needed to play sports.

If you do sign up your preschooler in a sport such as T-ball or soccer, make sure the focus is on helping kids gain basic physical skills, like kicking a ball, and fundamental social skills, like following rules and taking turns. To teach preschoolers to play baseball, start by teaching them how to throw, catch, and hit off a T-ball stand. Don't worry if your child doesn't tag first base — it's enough to get kids running in the right direction.

If your preschooler is not ready for the team or not interested in sports, consider helping them continue to work on fundamental skills, like hopping on one foot, doing a somersault, and riding a bicycle or tricycle.

Preschoolers watch how their parents spend their time. So set a good example by exercising regularly and being active. Kids who see this as something their parents do naturally want to do it too.

Reviewed by: Mary L. Gavin, MD

Date reviewed: October 2020

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Post Test – April 2022

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

1. Being around other kids helps preschoolers gain important _____, such as sharing and taking turns.
2. Preschoolers develop important _____ as they grow.
3. Make your walk a _____ by giving your child something to find, like a red door, a cat, a flag and something square.
4. Make your walk together into a difficult math lesson as you focus on numbers and counting.
True or False?
5. _____ shouldn't get more than 1 hour of screen time (watching on a TV, computer, phone or tablet).
6. Play together in the backyard and take trips to the _____ where they can run, jump and climb.
7. Designate a play area indoors and clear the space of any _____.
8. Most preschoolers can't understand complex rules and often lack the attention span, skills and coordination needed to play sports.
True or False?
9. If you do sign up your preschooler in a sport such as T-ball or soccer, make sure the focus is on helping kids gain basic physical skill, like kicking a ball, and _____ social skills, like following rules and taking turns.
10. Preschoolers watch how adults spend their time. So set a good example by _____ regularly and being active.

March 2022 Quiz Answers. 1.Digestion 2.Tongue 3.Palate 4.False
5.Papillae/Taste Buds 6.Salivary Glands 7.True 8.Enamel 9.Twice 10.Mouth



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
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Training Coordinator
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