

Let's Move! Childcare Questions and Answers Part 2

Post Test – March 2014

**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.**

Learning Objective: After reading the newsletter, the provider understands a few common concerns about the program and helpful hints to address the questions.

- Evidence shows that children who are active tend to have fewer behavioral and disciplinary problems, do better in school, and have longer attention spans in class.
True or False
- Being physically active improves children's overall health as well as enhances their motor skills, social skills, and _____ development.
- Being physically active improves children's overall health as well as reduces their risk of feeling stressed or depressed and developing obesity-related illnesses (type 2 diabetes, high blood pressure, and unhealthy cholesterol levels).
True or False
- Ideally, kids should have _____ to _____ active play times every day.
- One way to engage kids in activity: encourage them to move like different animals during _____ from one activity or room to another (hop like a bunny, walk on all fours like a bear, walk like a crab, swim like a fish, or come up with others).
- A big part of getting infants the physical activity they need is making sure they're not kept in any kind of baby equipment for too long. Just try to minimize their time in baby swings, strollers, bouncer seats, and exercise saucers.
True or False
- Give babies "tummy time" throughout the day where infants can explore their world and build their strength and skills while _____ in free play on their bellies in open and safe places.
- Letting infants spend time on their stomachs helps them strengthen their neck and shoulder muscles and reach early movement milestones like rolling over, sitting up, and crawling.
True or False
- Always make sure infants have tummy time when they're awake and alert (never _____).
- As with all great habits we want kids to develop, be a _____ . Adults who participate in and seem to enjoy physical activity show kids that being active isn't something you just have to do — it's fun!



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THIS CERTIFICATE

for completion of 30 minutes of training in

March 2014: Let's Move! Childcare Q&A Part 2

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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