



PALS

May 2023

Newsletter

Physical Inactivity is the fourth leading cause of death worldwide. It's also associated with chronic illness and disability. Preschoolers should have 180 minutes of physical activity per day. This does not have to be done all at once and can easily be done in increments. You'd be surprised at how much physical activity you fit in to your day

Kids are more likely to engage in physical activity when they see caregivers being active. That doesn't mean you have to do the same activities as your child, but modeling physical activity is a really important motivator for kids



CONGRATULATIONS TO THE KIDS AT SHERI MERTS' DAYCARE FOR COMPLETING THE PHYSICAL ACTIVITY AND NUTRITION EDUCATION PROGRAM



Not only did these little people learn a lot of fun new physical activities and healthy recipes, but Sheri Merts herself completed 5 PALS trainings and 3 Nourishing Healthy Eaters Trainings, earning herself a vitamix!



Art is usually a fine motor activity, but when you take it outside it can become a gross motor activity as well. Your child will be able to use their whole body when coloring with sidewalk chalk since they won't be confined to just paper. Take turns tracing each other's bodies in funny positions. Grab a bucket of water and some paintbrushes and let your child paint the fence, driveway, or side of the house.



smile

The first week of May is screen free week. Celebrate by putting down those phones and having some fun with your family!

Play a fun game, make your own playdough, go outside on a nature walk, or a family bike ride. The point is to have fun and truly be in the moment with your loved ones. If it inspires you to have a few screen days a week, even better!





Any parent can tell you that kids grow fast.

We all know the realization we face every year when we dig out clothes for the season only to find that last years clothes do not fit our child.

Researchers have long studied the difference between seasonal changes and youth growth patterns. Results showed that children age 8-11 revealed the most growth in April and May. One possible explanation is that the increased hours of sunlight may stimulate bone growth.



Kids Cooking Corner

Cauliflower Popcorn

No, it's not really popcorn, but it is the most fun and delicious way to enjoy cauliflower!



1/2 Head Cauliflower

1 TBSP Olive Oil

1 TBSP Grated Parmesan Cheese

1/8 TSP Garlic Powder

1/8 TSP Ground Turmeric

Kosher Salt

Freshly ground Black Pepper

1. Preheat the oven to 450 F. Line a baking sheet with parchment paper or spray with cooking spray
2. Break the Cauliflower into small florets and put in large bowl. Drizzle the olive oil over the cauliflower and stir to coat. Sprinkle the cauliflower with remaining ingredients. Stir to combine. Dump the cauliflower onto prepared sheet and spread into an even layer
3. Roast, flipping once halfway through, 20 minutes.
Serve warm.