



HEALTHY LIVING MATTERS

Connecting Policy to the Future

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EAT

A Houston/Harris County Childhood Obesity Prevention Collaborative

Early Care & Education/Out-of-School Time Sector Edition

January 2017



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SPOTLIGHT FROM THE FIELD

Children at [Primrose Schools of Woodcreek Reserve](#) in Katy TX engage in physical activity each day through the Thumbs Up!® program. Through this program they practice proper techniques for movement, balance and motor skills by running, hopping, throwing, catching, bouncing and more. Thumbs Up!® balances structured, teacher-guided games and skill development with free play, which helps children develop physically and psychologically. "At Primrose Schools, we believe children's physical development is as important as their intellectual, creative and social-emotional growth," says Lou Ann McLaughlin, Franchise Owner of Primrose School of Woodcreek Reserve. "Through our exclusive Balanced Learning® approach, we're able to help children build important physical skills as they're developmentally ready through a combination of purposeful free play and meaningful, age-appropriate activities."

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The Primrose approach to physical development also follows the highest professional standards and guidelines for developmentally appropriate practice developed by the National Association for Sport and Physical Education (NASPE) and the Council for Physical Education for Children (COPEC).

For more information about the Thumbs Up!® Program and how it's being implemented at Primrose Schools of Woodcreek Reserve, contact Chelsea DeJohn at 281-371-0099 or [via email](#).

We applaud the efforts that centers like Primrose Schools of Woodcrest Reserve are making to improve the health of our young ones and hope that others feel motivated to do so as well. If your facility or program is doing great things around nutrition and/or physical activity, and would like us to share your story, please [contact us](#).

EAT



The Cooking Matters program, supported locally by the Houston Texans and offered through the [Houston Food Bank](#), offers skills to low income families for making healthy, affordable meals at home. If you are a child care center with a kitchen and want to provide your staff and parents with education on healthy cooking, you only need 10–15 willing participants. [Click here](#) to learn more or contact [Stephanie Berno](#) for more information.

PLAY



Could your playground use an extreme makeover? Each year, the [Together Counts Healthy Playground Sweepstakes](#) provides the opportunity for you to win big for your school or center. Anyone in your community can enter for a chance to win a \$30,000 grant for your school's healthy transformation and a new playground. NEW this year – one grand prize will be awarded to a military base or installation for a school or community organization where our service members' children attend. Anyone can enter on behalf of your child's school or center. Enter once a day every day until March 24th. The more entries your school or center has, the greater the chance it has to win! [Click here](#) to enter now!



[Better Kid Care](#) through Penn State Extension hosts the [Let's Move! Child Care](#) (LMCC) lessons, which are developed in partnership with the [Centers for Disease Control and Prevention](#) (CDC). These lessons provide practical strategies for implementing best practices in early childhood settings for promoting healthy weight in young children. The series includes six lessons that cover background information for childhood obesity prevention and the five best practice goals: increase physical activity, limit screen time, offer healthy beverages, serve healthy food, and support infant feeding.

Example lessons include:

- Childhood Obesity Prevention: Let's Move! Child Care Introduction
- Childhood Obesity Prevention: LMCC – Increase Physical Activity
- Childhood Obesity Prevention: LMCC – Offer Healthy Beverages
- Childhood Obesity Prevention: LMCC – Serve Healthy Food
- Childhood Obesity Prevention: LMCC – Support Infant Feeding

Preview these and 200+ other professional development modules for FREE, including ones in Spanish. Just pay \$5 for a certificate of completion. Courses can be accessed online by [clicking here](#).

FOR PARENTS & FAMILIES



[The YMCA of Greater Houston](#) is offering the **Healthy Weight and Your Child** program at various centers throughout Houston. Made up of groups of 10 to 15 families (child and adult), Healthy Weight and Your Child creates a safe, fun and active environment for children and families to explore and adopt proven methods to living a healthier lifestyle.

Healthy Weight and Your Child empowers 7–13-year-olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. Through the leadership of Y staff, the yearlong, evidence-based program engages a child and adult as a pair, so together they can understand how the home environment and other factors influence the choices that lead to a healthy weight. The program emphasizes behavior changes to support healthy eating and physical activity. Families will work with trained leaders and learn about topics, including:

- Healthy eating
- Physical activity
- Portion control
- Internal and external triggers
- Food label reading
- Goal setting and rewards

Please email healthy.kids@ymcahouston.org or call 713-758-9179 for more information.

UPCOMING EVENTS

The Future of Healthy Children Symposium

Thursday, February 16, 2017 from 1:00 PM - 4:00 PM

Crime Stoppers, 3001 Main St, Houston, TX 77002

[More information](#)

Texas Licensed Child Care Association (TLCCA) Spring Conference

March 17-18, 2017

Holiday Inn Austin Midtown, 6000 Middle Fiskville, Rd., Austin, TX 78752

[More information](#)

To view more events, visit our [Calendar of Events webpage](#).