



HEALTHY LIVING MATTERS

Connecting Policy to the Future

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A Houston/Harris County Childhood Obesity Prevention Collaborative

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

September 2016



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Click here
to subscribe to this
newsletter!

September is **National Childhood Obesity Month**! During this month we encourage you to learn about ways to promote healthy growth in children and help prevent obesity.

To start, you can download our [Obesity Prevention in Early Care and Education flyer](#). This document will highlight some key ways you can get involved in being a part of the solution, including subscribing to this newsletter!

EAT



[Sesame Street Healthy Habits for Life](#) was created to help parents and caregivers encourage children to build healthy habits early. The project features Sesame Street friends who model fun ways to move and play and encourage children to explore and enjoy healthy foods. Various

lesson plans and activities have been developed to support healthy eating and physical activity in the early years.

Click here to download the section titled [Food & Drink to Grow On](#) which offers easy and fun ideas and activities to help children learn about fruits, vegetables, and other healthy foods.

To access all sections of the Healthy Habits for Life toolkit, including videos to watch with your kids and materials to share with families, [click here](#).

PLAY



[Go Smart](#) is an app and website designed to showcase fun and physical activities for children up to the age of five. Parents and teachers can use Go Smart to engage 0–5 year olds for at least an hour of physical play each day to enhance important skills and abilities.

Users can create a profile and make Go Smart even easier to use. Save your favorite games to your profile and organize them into groups. Wherever you are, whatever you're doing, it's easy to use Go Smart. Try it at home, in the classroom, or on the go.

[Click here](#) to view the the many activities you can start implementing today!

LEARN



[Digital CATCH](#) is now stocked with 15 nutrition lesson samples and over 100 physical activities for K–8th grade students in both school and

after-school settings. Lessons for pre-K coming soon!



This is a great opportunity for CATCH users to supplement their current teaching, or for newcomers to test drive the CATCH curriculum, at no cost! On top of that, Digital CATCH is fully tablet and phone compatible so you can use it in the gym, on the field, or on the run!

[Sign up or log in here](#) to access these digital freebies.

FOR PARENTS & FAMILIES

Some parents and families might need additional support before being able to focus on providing nutritious food to their children or engaging with them in physical activity. If you know parents or families who need additional support, [ParentingHelp](#) can direct them to free programs in the Harris County area. These programs can help parents:

- learn how to cope with child misbehavior
- lay the foundation for a stable family
- promote the long-term financial security of their children
- promote healthy development of children and set them up for success when they start school
- learn hands-on, practical skills to create healthier and happier families
- feel more confident and capable in dealing with their children

For more information, visit [ParentingHelp.org](#) or call 713-802-7777.

EXAMPLE FROM THE FIELD

[Summer Learning Day](#) is an annual national advocacy day led by the National Summer Learning Association (NSLA) to elevate the importance of keeping kids learning, safe, and healthy every summer.

In collaboration with [Harris County Precinct 2](#), [CASE for Kids](#) hosted an event featuring super heroes, reading, relay races, and creating healthy snacks. This event took place on Thursday, July 14 at the Youth Education Town II (YET Center II). Students from the YET Center II and two other afterschool programs had a great morning celebrating the day.



Are you a child care facility or out-of-school time program doing great things around nutrition or physical activity and would like us to share your story? Contact us at info@healthylivingmatters.net.

UPCOMING EVENTS

Texas Association for the Education of Young Children Conference

Thursday, September 22 -24, 2016

Sheraton Dallas, 400 North Olive Street. Dallas, TX 75201

**Session(s) around nutrition/physical activity available*

[More information](#)

Texans Care for Children - Children's Policy Series

Wednesday, October 5, 2016 from 12:00 PM - 1:30 PM

Collaborative for Children, 1111 North Loop West, Suite 600, Houston, TX 77008

[More information](#)

Save the Date! The Raising of America: Screening & Panel Discussion

Friday, October 8, 2016 from 8:30 AM - 11:00 AM

Children's Museum of Houston, 1500 Binz St, Houston, TX 77004

More information coming soon!

Southern Obesity Summit

November 13-15, 2016

JW Marriott Houston Galleria

[More information](#)

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