

KID-FIT News



The Quarterly Preschool Physical Education and Fitness Guide

Preschoolers Need More Sleep

Set A Bedtime Routine

- Include a wind down period to calm and quiet.
- Pick a set bedtime and stick to it
- Remind your child when it gets close to bedtime. Announce 10 –30 minutes before it's time for bed.
- Adopt a ritual that is done before bedtime such as reading a book, taking a bath or giving a massage. Something the child will look forward to each night.
- Eliminate distractions in the room.

The average preschool age child needs between 11-13 hours of sleep per night. Most preschool children do not meet those needs. Problems associated with too little sleep include:

- Irritable moods
- Poor attention span
- Behavior problems
- Hyperactivity
- Poor eating habits
- Obesity

Tips to help improve sleep:

1-Make sure your child gets enough physical activity during the day. Exercise makes it easier to fall asleep.

2-Children should not consume caffeine. Caffeine has been shown to reduce the amount of sleep children get.

3-Bedtime should never be used as punishment for bad behavior.

4-Avoid trying to “wear out” your child. It doesn't work. Many times a cranky child is simply overtired. Keeping him/her up longer can actually have the reverse effect. Overstimulation can prolong falling sleep and induce waking too early.

5-Don't offer snacks, treats or any other rewards if you are up with your child during the night.

6-Once a child is toilet trained or can climb out of the crib, it's time to move them to a regular bed.

7-Do not put a TV in a child's room, for any reason.



8-Remember that the need for naps diminishes during the later preschool years. If your child is getting at least 11 hours of sleep per night, a daily nap may not be needed. The important thing is to have quiet time set aside at the same time each day, whether for sleep or just resting.

Curbing Childhood Cancers



Babies are much more sensitive to toxins than adults are. About 100 times more. They are not able to detoxify

dangerous substances and toxins applied to the skin are easily absorbed into their bodies.

The instance of childhood cancer has risen by 34% since 1975. Kidney cancer and leukemia are both up by 60%.

What is causing the alarming rise? Several items of interest have been in the news lately. Here are some you may have heard of and whether there should be cause for concern:

Arsenic. Found in apple and other juices. Not a worry with average levels of consumption.

Aspartame. One of the most thoroughly tested additives approved by the FDA. No proof it causes any medical illness.

Atrazine. Herbicide that leaches out of soil into drinking water. Related to insulin resistance and obesity. Banned in European countries.

BPA. Toxic. Found in lining of canned goods, baby bottles, water bottles and sippy cups. Banned in Canada and Europe.

High Fructose Corn Syrup. No scientific evidence to claims it causes cancer or any other medical ailment.

Phthalates. In plastic food storage containers, PVC pipe and flexible plastics (as in rubber toys). Once absorbed into the body, affects glands and hormones. May impact weight gain as well. Considered toxic and banned in Canada and Europe. Would be wise to stay away from it.

Healthy Recipe

Fresh Cranberry Sauce

Great Make Ahead Recipe.

1 bag of fresh cranberries (12 oz.)
3/4 cup orange juice
1/2 cup packed brown sugar
2 Tablespoons honey

Place all the ingredients in a saucepan over medium heat and stir occasionally. Cook 5 minutes or until cranberries start

to pop. Stir and simmer about 10 minutes longer. Remove and cool. Serve or reheat later. Makes 14 servings.

Nutritional Information:

Calories per serving (2 Tbsp): 56
Total Fat: <1 gms.
Protein: 0 gm.
Carbohydrate: 14 gms.
Sodium: 3 mgs.
Fiber: 1 gms.



Fitness Fun

Icy Family Fitness

Whether you're snowbound or enjoying milder winter weather, you can excite children into moving with these fun games. And, the whole family can join in!

Snow Bowling—Shovel a narrow path in the snow and slide different objects from one end to the other, attempting to knock over empty water or soda bottles at the other end.

Tennis Shoeing—If you have old tennis rackets you can make them into snowshoes. String a cord or elastic through the racket and secure over your child's boots. Pick a snowy area and stamp different types of animal footprints all around. Walk through the snow with your child searching for signs that different "animals" were there.

Snow Castles and Snow Balls—Get out the sand toys and build snow castles and form different shape snowballs.

See who can hit the sandcastle with a snowball first while throwing from a set distance. Adjust challenge level by moving closer or farther away.

Round and Round—Use a rope, old rubber tube and helmet. Make sure your child wears the helmet. Tie the rope to the rubber tube securely. Ask your child to sit and hold on. Slowly turn in a circle while holding the rope, allowing the tube to slide in a big circle.

Need more activities? See a new indoor P.E. activity here each month: http://www.kid-fit.com/free_pe_activities.html



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KID-FIT is a subdivision of Aerobic Fitness Consultants, Inc. (AFC), professional health and fitness educators. KID-FIT provides preschool children, their primary caretakers, and educators a structured curriculum for promoting healthy lifestyle habits of regular exercise, sound nutrition and rest starting as young as age 2. Since 1986, AFC has offered adult fitness classes in a studio environment and personal training for various groups and individuals. KID-FIT licensing opportunities are available in the United States and abroad. For more information, call (877) KID-FIT.