



PHYSICAL ACTIVITY

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With an Improving Understanding of MCH grant, FamilyVoices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

www.familyvoices.org and www.brightfuturesforfamilies.org.

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FAMILY VOICES®

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Playgrounds are for Everybody!

When we think about children and physical activity, we often think about playgrounds with swings and slides and other fun “stuff.” Who doesn't love a playground? Not everybody can play on most playgrounds. Children with disabilities are often unable to do more than watch from the side, unless the playground is specially designed to provide fun for everybody—including children with disabilities. Building such a playground can be a community project. One organization, Inclusive Playgrounds, specializes in developing playgrounds that are not just accessible but inclusive so that everybody gets to play together. Inclusive Playgrounds are built around 7 principles: be fair, be included, be smart, be independent, be safe, be active, and be comfortable. To read more about these principles and to request a free guidebook on inclusive playgrounds, go to: www.inclusiveplaygrounds.org

Playgrounds are not Just for Children!

“Hey, Grandpa! Let's go play!” For most playgrounds, that means Grandpa (or Grandma) goes and sits on a bench and watches the grandchildren playing. Some communities are recognizing that with a little planning, a playground can be designed to provide fun and physical activity for grandparents and their grandchildren. Midway Safe Harbor

Center playground in the Orlando, Florida, area is one such playground. Read about this innovative playground here: www.orlandosentinel.com/health/os-seniors-playground-midway-20120410,0,2129464.story

Recess Improves Behavior in School!

According to a February 2009 article in Pediatrics (the American Academy of Pediatrics journal), children who get 15 minutes of recess during school are better behaved than those who don't. Read more about this study here: www.einstein.yu.edu/news/releases/293/daily-school-recess-improves-classroom-behavior/

Make Recess Fun for Everybody

Some children are left out of play at recess by other children. This website, devoted to healthy play at recess, provides resources for adults to help make sure all children are included. It has hundreds of games that involve everybody, searchable by type, age, and length of time needed to play: www.playworks.org/games

