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# PARENT CONNECTION

## MAY 2022

### GET MOVING IN MAY!

May is National Physical Fitness & Sports month.

"Physical activity is key to maintaining health and well-being. Getting active can improve fitness and **reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression.** Youth sports can help kids and teens get active and **develop leadership, time management, and relationship-building skills.**"

<https://health.gov/news/202105/move-may-and-celebrate-national-physical-fitness-sports-month> (emphasis ours)

## MAY EVENTS

### Family Fun Night

"Pete the Cat"

6:00 - 7:30 p.m.

Stories - Craft

Snack - Activities



### Join Us!

May 10 - Darlington -OR- May 24 - Platteville

Holy Rosary Parish Center

O.E. Gray Building

★ 206 E Harriet St

110 W. Adams St

(NOTE: just up the street from where previous events were held!) ★



Thursday

9:30-11:00a.m.

Bring your little ones for a morning of active play, story time, and an art activity.

(click on theme to be directed to Facebook event for RSVP)

[May 5 - Make Mom's Day](#)

[May 12 - Seeds and Dirt](#)

[May 19 - In Bloom](#)

[May 26 - Bugs and Butterflies](#)

## Try it at Home:

How can you get your family moving?



Play tag, swim, play catch, jump rope, hula hoop



TAKE A HIKE



Plant and care for a garden



WALK OR BIKE INSTEAD OF DRIVE



Have a dance party

Take the stairs



Get the family involved in cleaning, vacuuming, and yard work

## LIFETIME BENEFITS OF PHYSICAL ACTIVITY



Source: Partnership for a Healthier America

**CANCELLED**

Please Note:

**NO Make and Take Craft event this month.**

Thanks to those of you have joined us in previous months--we have had fun!

We hope to resume these Make and Takes in the fall!

# Ways To Encourage Children For Physical Activity



Being physically active is one of the key interventions to improve health in children. Ways to improve physical activity are:

Help your child in finding an activity or sport that he enjoys. This will enhance regular involvement by the child.

It is important to choose an activity that is appropriate according to the age of the child.

Make sure to choose a safe environment for the activity. Also, provide adequate equipment to the child.

Make it a point to reward your child's efforts to indulge in various physical activities.

Source: Boys and Girls Club of Central Texas



Don't just tell your kids to be active and to get outside and play. Lead by example.



To celebrate Family Strengthening month in April, we had a fun, family-friendly

**GIVEAWAY!**

**PARENTING ON THE GO BAGS**

were distributed throughout the month to area families. Anyone who came in for a service or attended an event we hosted in April was provided one for their family.

We were able to gift over 40 bags!

## What is a "Parenting on the Go" bag?

These bags were designed to help you build connections with your children and keep them busy while you are "on the go," whether traveling in the car or waiting at a doctor's office.

Each bag contains:

- a solo activity for a child
- an activity to do with others
- a sensory item
- a book
- and a snack container!

The specific items included in the bag depend on the age of the child.

Many thanks to

Grant County Health Department Prevention Board and Five for Families for making these valuable gifts possible!



# April Happenings

DARLINGTON (4/12)  
PLATTEVILLE (4/21)



**THINGS THAT GO**

Family Fun Night



SNACK SERVED UP IN TRAIN CARS



SO MANY GOOD BOOKS!

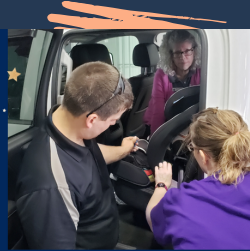


THE "CAR WASH" WAS THE BIGGEST HIT!



## Car Seat Installation and Inspection Event

Family Connections partnered with Grant County Health Department and Platteville Police Department to provide car seats and car seat safety checks on April 23. We had five certified child passenger safety technicians on hand! Kunes in Platteville generously offered a space to do these checks in a covered area. We are grateful for this collaboration that enabled us to serve several families.



Special thanks to:



Thank you to the following agencies for their support:



CHILD ABUSE & NEGLECT  
Prevention Board



platteville community fund

Platteville Thrift Shop

