

I'm Moving I'm Learning

A Proactive Approach to Helping Young Children Grow Up Healthy



Hops, skips and jumps are not simply child's play. These skills take lots of practice for toddlers and preschoolers. Daily movement is an important part of a child's educational experience.

In the first few years of life, boys and girls will acquire the food preferences and eating habits that will follow them throughout their lives.



Parents and other caregivers play a key role in making healthy choices for children and teaching young children to make healthy choices for themselves. Throughout the 2011-12 school year, the Spring Lake Park Early Childhood staff will hold a series of evening parent-child events that will give adults the tools, support and information they need help their children grow up healthier and able to pursue their dreams.

An overview of the IMIL program will be held on **Wednesday, November 16** from **6:15-7:45 PM** at the Early Childhood Center at Woodcrest. This first event will begin with parents and children (ages 0-5 years) doing fun activities together, including preparing a healthy snack and moving to some new songs. Then the parents will go to a nearby room to learn more about how to start their children on the path to a healthy future. The cost is only \$5 per family; fee assistance is available. The deadline to register is Nov. 4.



You may register online at
<http://springlakepark.registryinsight.com/>
or by calling 763-785-5560.

