



Get Up & Move!

Parent Newsletter

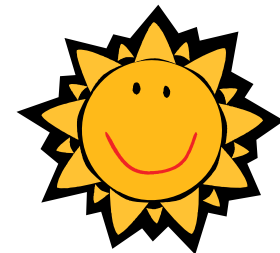
Series 3: July

Summer Time

When school ends for the year, children are often faced with more free time to fill each day. Long days at home during summer months can often lead to the phrases “I’m bored,” or “There’s nothing to do.” Too often, this summer time is filled with sedentary activities such as playing video games, watching television, or using the computer. The goal of this month’s lesson is to increase members’ awareness of how they are spending their summer time, and how they can stay active, even when P.E. classes are over for the year!

During the summer, the hot weather can pose a challenge to children. Many youth would rather stay in the air-conditioned indoors than be outside biking, running, or playing. But when the proper precautions to stay hydrated and cool are taken, outdoor exercise can be fun! Here are some tips to keep your child healthy and safe while exercising outdoors:

- Make sure your child drinks plenty of water before, during, and after outdoor activity to keep his or her body hydrated and cool.
- Use sunscreen whenever your child will be in the sun.
- If your child begins to feel faint, dizzy, or ill, get them indoors immediately! He or she may be experiencing a heat-related illness.



Sometimes, going outdoors is not an option for children. But this doesn’t mean that physical activity has to be replaced. This month, discuss with your children some activities they can do indoors to stay active!

As a parent, you can encourage your child to stay physically active in the summer. Discourage long intervals of television watching, video game playing, and computer use. Explore the option of enrolling your child in a summer day camp through your local park district, school, or library. Contact your county Extension office to see if a Camp Clover is offered near you. Or look into summer sports teams. When possible, spend time doing physical activities as a family. Go for evening walks, take trips to a local swimming pool, or go on bike rides together!