



Prepared parents. Healthy families.

Parent Newsletter August 2023

Family Fitness Fun

National Exercise with Your Child Week happens every year in the first week of August. It's a great reminder that healthy parents make for healthy kids and that physical fitness can be a fun, family affair.

When most adults think about exercise, they imagine going to the gym, lifting weights, or taking a yoga class. But for kids, exercise means playing and being physically active by running, twirling, jumping, and climbing at every opportunity.

Kids under five years old need to be active throughout the day. That means about 3 hours a day of physical activity and not being still for more than an hour at a time unless sleeping.

How can you keep your kids busy and make time for your own exercise? Here are some ideas for some family fitness fun:

Wiggle and Giggle Dance Parties

Who says you need a dance floor to bust a move? Turn up the music and let loose in your living room! Have impromptu dance parties with your children, and get your groove on. Let them choose their favorite tunes and watch them unleash their adorable dance moves. Bonus points for silly dance-offs and creating your family's signature dance move!

Nature Walks and Scavenger Hunts

Explore the great outdoors with your little explorer! Take leisurely walks in your neighborhood park or local trails. Encourage your child to collect leaves, rocks, or interesting natural objects along the way. Make it more exciting by turning it into a scavenger hunt. Create a checklist of items to find, like a colorful flower, a bird's nest, or a unique-shaped leaf. Don't forget to bring a basket to collect their treasures!



Mini Olympics in the Backyard

Transform your backyard into an Olympic arena! Set up simple activities like a mini obstacle course using hula hoops, cones, and jump ropes. Create challenges such as hopping over a line, crawling under a chair, or doing a mini high jump. Time each activity and keep a record of your family's achievements. Cheer each other on and celebrate your victories!

Animal Yoga Adventures

Unleash your inner animal with some yoga poses! Introduce your child to simple animal-themed yoga exercises. Pretend to be a roaring lion, a stretching cat, or a hopping frog. Plenty of kid-friendly yoga videos are available online, making it easy to follow along. It's a great way to enhance flexibility, balance, and coordination while having a blast.

Bike Rides and Scooter Races

Strap on those helmets and hit the road! Take your child for a bike ride around the neighborhood or head to a local park with a smooth path. If your little one prefers scooters, challenge them to a friendly race. Set up a finish line and let the wind rush through your hair as you pedal or scoot together. It's an excellent way to build endurance and enjoy some fresh air.

Tag, You're It!

Play an active game like Red Light-Green Light, Freeze Tag, Duck, and Duck. Goose or Simon Says to keep everyone moving and having fun. These are simple games that you can play indoors or out, and adjust the rules to fit the ages and abilities of your kids. Don't remember the rules to all those playground games, check out [30 Classic Outdoor Games for Kids](#).

Whistle While You Work

Include your little ones in household chores to build their muscles while getting work done. Make it a family adventure to walk the dog, wash the car or weed the garden. This time will teach your child new skills and build family togetherness.

Remember, keeping it light, fun, and interactive is the key. Children learn through play, so make exercise feel like a game. Keep safety in mind, ensure age-appropriate activities, and always supervise your little one during physical play. Stay active, have fun, and watch your family's health and happiness soar!

Looking for more? Check out

- [101 Tips for Family Fitness Fun from Shape America](#)
- [Fitness and Your 3- to 5-Year-Old](#)
- [Motivating Kids to Be Active](#)

Thinking About Preschool?

Prepare your little ones for kindergarten and a life of learning with a quality, no-cost preschool experience that's personalized to your child's needs and learning style.

Free and community-based preschool options are available throughout Linn, Benton, & Lincoln counties. Give us a call at (541) 917-4884 or visit pollywogfamily.org to learn more or to apply.



Things to consider when choosing a preschool

Environment: Do you picture your child in a school building (such as in a center or school district), or would you prefer a more "home-like" setting, in a family/in-home preschool?

Location: Would the preschool ideally be near your home, workplace, or a family member? How can you get your child get to and from the preschool each day if transportation is not provided?

Schedule: Are you looking for full-time preschool (4-5 days per week, 6 hours or more per day) or part time? At what time will you need to drop off and pick up, and do the preschool's open hours match your schedule? Does the preschool offer extended care?

Will you need year-round care, and if so, is the preschool open during the summer?

Language: In what language(s) would you like your child to receive instruction? Will you be able to communicate with the staff or receive written materials in your preferred language?

Questions to ask when choosing a preschool

- How and when is information shared with parents?
- How is behavior addressed?
- What is the classroom schedule?
- What is the program's educational philosophy?
- What are the illness policies?
- Can they meet your child's needs?

Our Pollywog Family Resource Specialist is available to help you sort through the options!

Children who attend a high-quality preschool program before kindergarten are better prepared for school academically, socially and emotionally.



Looking for a free preschool? Not sure which program is best for your family?

Our Pollywog Family Resource Specialist is available to help you sort through the options!



Contact Pollywog at 541-917-4884 or pollywogfamily.org

- [Pollywog Facebook](#)
- [Pollywog Website](#)
- [Pollywog Instagram](#)
- [Pollywog YouTube](#)



PRESCHOOL PROMISE

Free, high quality preschool programs for Oregon families!

If you reside in Oregon, have a child ages 3-5, and meet income requirements, you could qualify for FREE preschool!

Email us today!

**preschoolpromise@linnbenton.edu
or call us at 541-917-4922**

Already enrolled at one of our providers and think Preschool Promise is right for your family? Follow the link in Step 1 to complete an application and find out if you qualify!

Preschool Promise How does it all work?

Step 1: Online application 01

Preschool Promise staff will review applications and required documentation for completeness.

Step 3: Eligibility Review 03

Next, your application and documents are reviewed by our eligibility team. If eligible your child will be either placed with a provider or on a waitlist.

Step 5: Congratulations 05

Scan the code or visit: [Preschool Promise Application](#)



Step 2: Application Review 02

Next, we send your application and documents to our eligibility team.

Step 4: Placement 04

Once your child is placed your provider will contact you to enroll with their program! *Congratulations!*




Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884, pollywog@linnbenton.edu