

NUTRITION

On Your
Own



Lesson

GD-000-04 -7/05

Welcome to the Zowzoo take-home class. This class focuses on physical activity and your child. It goes with the Zowzoo video that you received from the WIC office. The Zowzoo video is yours to keep.

To get credit for completing this class:

1. Read the following information.
2. Show the Zowzoo video to your child. We encourage you to watch the video and participate along with your child.
3. Fill out the attached survey before your next WIC appointment.
4. Return the survey to the WIC office at your next WIC appointment.

Your child naturally loves to play in a creative and physically active way. Active play is an important part of your child's health and development.

Movement and physical activity help your child:

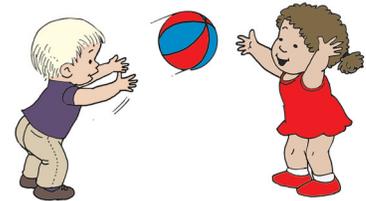
- Find out how her body moves. As she grows, she will learn to do more complex activities and sports.
- Develop her brain and learn new skills.
- Build self-confidence as she learns.
- Use the energy found in food to maintain a healthy weight.
- Feel relaxed and in a good mood.
- Build strong, healthy bones and muscles.
- Prevent heart disease, diabetes, high blood pressure, high cholesterol, obesity, and cancer.



Zowzoo

As a parent, you are the biggest role model for your child. You can help your child develop a healthy, active lifestyle:

- Be active yourself. If your child sees you carrying out activities you enjoy, he will learn that physical activity is fun and important.
- Be positive! If your child sees that you have a positive attitude towards physical activity, he will enjoy it too.
- Praise your child when he carries out an activity well or learns a new skill.
- Be active with your child; it makes him feel special and loved. Both of you will enjoy the time together.
- Give your child time and space to play actively every day.
- Give your child an indoor space where he can safely roll, jump, dance, and tumble.
- Plan activities for your child such as walking, biking, skating, and swimming.
- Give your child time for unstructured activities too — such as:
 - dancing to music in the living room
 - playing in the sandbox or at the park with friends and family.
- Limit TV, computer time, and video games — no more than one to two hours of child-friendly TV and videos each day.



Creating a healthy, active lifestyle for your child and your family has benefits that will last a lifetime — so get moving and get active with your child today!

What is one thing you plan to do to help your child be physically active?



Activities for Your Child

Encourage children to be creative and use their imagination while they play. Try some of these activities with your child.

Zowzoo Animals

Ask your child to act like the animals in Zowzoo:

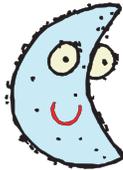
- Hop like Rabbit.
- Hang like Monkey.
- Fly like Parrot.
- Bear hug like Polar Bear.
- Dance like Zowzoo.



Make Believe Walk

Ask your child to pretend he is walking:

- in a jungle.
- in the Arctic.
- on the moon.
- in the mud.
- on hot sand.



Hot and Cold

Hide a small item somewhere in a room and tell your child if she is getting close by saying “hot,” or further away by saying “cold.” If your child has mastered *hot* and *cold*, instead of saying words, draw a simple map for your child to follow.

Walk the Line

Use chalk to draw a line or use a crack in the sidewalk. Ask your child to balance while he walks the line. Show your child how to do it.

Obstacle Course

Set several pillows in a row, leaving a space large enough for your child to jump in between them. Ask your child to jump over the pillows.

Big Blocks

Use brown paper bags from the grocery store to wrap empty cereal boxes. Have your child draw on the outside of the boxes to turn them into giant blocks. Use the blocks to create an obstacle course to walk or run around.

Balloon Bop

Throw a balloon up in the air and ask your child to hit the balloon with a particular body part, such as one leg or arm. Let your child throw the balloon back in the air and tell you what body part to hit it with. For children under 3, try rolling a ball back and forth.

From Here to There

Ask your child to run, skip, hop, wiggle, or dance between two different points. Then let your child tell you how to get between two points.

Story Time

Ask your child to act out her favorite story while you read it to her.

Help your child learn how to:

- skip;
- dance;
- tumble;
- catch;
- swing; and
- jump over low objects.

Name two activities you plan to try with your child during the next week.

1. _____

2. _____



Please Watch *Zowzoo* with your child before completing this form. Return the completed form to WIC at your next appointment.

My ethnic group is:

- White Asian
 Hispanic Native American
 African American Other

Please answer the following questions about your oldest child in WIC who watched *Zowzoo*.

- My child's age is: _____ Years _____ Months
- My child is a **boy/girl** (circle one) who watched *Zowzoo* in **English/Spanish** (circle one).
- My child watched *Zowzoo*:
 0 times 1 time 2 times 3 times 4 times 5–9 times 10+ times
- Did your child ever ask to see *Zowzoo*? Yes No
- Did your child start asking for any of the following foods **more often** after watching *Zowzoo*?
 Bananas Yes No Oranges Yes No
 Chips Yes No Water Yes No
 Candy Yes No Soda Yes No
- Overall, how much did your child move to each of the following scenes in *Zowzoo*? (circle your answer)

	Didn't Move			Moved a lot
Jungle (Monkey) Scene	0	1	2	3
Rooftop Garden (Rabbit) Scene	0	1	2	3
Orchard (Parrot) Scene	0	1	2	3
Arctic (Polar Bear) Scene	0	1	2	3

- On a scale of 1 to 4, **circle how much** you agree with each of the following statements:

	Not at all			Very much
I liked the video	1	2	3	4
I danced to the video with my child	1	2	3	4
The video was helpful in getting my child moving.	1	2	3	4
The video gave me new ideas for helping my child be active.	1	2	3	4
The lesson gave me new ideas for helping my child be active.	1	2	3	4
WIC should do more classes like this.	1	2	3	4

Please turn page over

8. Compared to other children's programs, circle the number of stars **you** would give Zowzoo.



1

Not Good



2



3



4

Great

9. Compared to other children's programs, circle the number of stars **your child** would give Zowzoo.



1

Not Good



2



3



4

Great

10. What is one thing you plan to do to help your child be physically active?

11. Is there anything else you would like to tell us about Zowzoo or the home class? _____

Thank you for your comments!