



*Focusing public attention on the rights and needs of young children*

# Week of the Young Child

Help us celebrate by participating in community activities!

*Early Years are Learning Years*

Sponsored by the National Association for the Education of Young Children (NAEYC).



**MONDAY, APRIL 12** ★ ★

## ★ PREVENTING OBESITY

At least one in every three young children is overweight or obese. Even though they are young, these children start to have health problems like asthma, diabetes and a higher risk of heart disease. We can influence behaviors and habits and help children to stay healthy by teaching them about nutritious food and being active when they are young.

### **COMMUNITY ACTIVITY: FREE WORKSHOP** **Preventing Childhood Overweight and Promoting Healthy Eating for Young Children**

This workshop from the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) program will teach you about what it means for a child to be overweight and obese. You will learn why this is a problem, and what you can do to help children to be healthy. See enclosed registration form to sign up.

Time: 1:00 – 3:00 pm, (2.0 child care credits)  
Place: Child Care Services Association, 1201 S. Briggs Ave, Durham

Time: 1:00 – 3:00 pm, (2.0 child care credits)  
Place: Child Care Services Association, 1829 E. Franklin St., Bldg 300, Chapel Hill

Time: 6:30 – 8:30 pm, (2.0 child care credits)  
Place: Child Care Services Association, 319 Chapanoke Rd, Ste 114, Raleigh

### **WHAT PARENTS CAN DO:**

1. Talk to your child's doctor about conducting a healthy weight assessment.
2. Set a good example and focus on a healthy family lifestyle.
3. Read books to your child about healthy foods.

### **HEALTH TIP FOR THE DAY:**

When you're at the grocery store, shop the outer aisles first. These aisles usually have the most nutritious foods like fruits and vegetables, milk, bread and lean meats. After you fill your cart with these healthy foods, choose a few more nutritious items like beans, brown rice and oatmeal from the inner aisles.



**TUESDAY, APRIL 13** ★ ★

## **FIGHTING HUNGER in the TRIANGLE**

Every day, over 480,000 people in central & eastern North Carolina ask themselves the question, "Where is my next meal coming from?" Especially heartbreaking are the 160,000 children that suffer from hunger daily.

### **COMMUNITY ACTIVITY:**

#### **Feed the Need Food Drive**

Wednesday, April 1 – Saturday, April 18  
The News & Observer's annual Feed the Need community service project is designed to raise awareness about hunger in our region and to raise money and support for the Food Bank of Central and Eastern North Carolina. Donate food at Feed the Need bins at Harris Teeter stores throughout the region. Donate or volunteer online at [www.feedtheneednc.com](http://www.feedtheneednc.com).

#### **Feed the Need Day, Saturday, April 18**

Buy a special \$1 Feed the Need edition of The N&O from volunteers at area Bojangles', freestanding Starbucks and Harris Teeter stores. 75 cents of each paper sold will be donated directly to the Food Bank.

#### **Food Bank-Central & Eastern NC**

[www.foodbankcenc.org](http://www.foodbankcenc.org)  
3808 Tarheel Dr., Raleigh - (919) 875-0707

For a more complete list of food banks go to [www.feedingamerica.org/foodbank-results.aspx](http://www.feedingamerica.org/foodbank-results.aspx)

### **WHAT PARENTS AND VOLUNTEERS CAN DO:**

Sponsoring a food drive can be easy, fun, and a great way to get the community involved in supporting a good cause!

1. Host a dinner party and ask guests to bring food.
2. Collect food at your next yard sale.
3. Organize a food drive at your office or church.
4. Teachers can incorporate a classroom or school food drive as part of a lesson plan.

### **HEALTH TIP FOR THE DAY:**

When you donate food to families in need, give healthy foods. Some good choices are canned or dried fruit or vegetables, canned or dried beans, nuts or peanut butter, pasta, brown rice and canned tuna.

## WEDNESDAY, APRIL 14 ★ GROWING YOUR OWN FOOD

Families who eat together at home eat more fruits and vegetables and less fat. With the rising costs of food, many people are starting to grow their own vegetable gardens. With a little planning and the right gardening tools, vegetable gardens are simple to create and fun to maintain.

### COMMUNITY ACTIVITY:

Community gardens are developed to meet the needs of the people who come together to grow fruits, vegetables, flowers, herbs and other plants in a common area. Some community gardens focus on education or nutrition and exercise, while others sell what they grow. Others simply provide a place to share the love of gardening. Below are some community gardens you may want to visit. For a more comprehensive list of local gardens or for help creating a community garden visit <http://nccommunitygarden.ncsu.edu/index.html>.

**Honey Path**, 426 Anderson Street, Durham

**SEEDS**, 706 Gilbert St., Durham

**Northside Community Garden**, 400 Caldwell St., Chapel Hill

**Carrboro Community Garden Coalition MLK Garden**, 1120 Hillsborough Rd, Carrboro

**Carrboro Growing Healthy Kids Community Gardens**, 211 James Street, Carrboro

**The Grow Zone**, 6800 Dwight Rowland Rd., Willow Spring

**Lake Stone Village Garden**, 1408 Lake Stone Village Lane, Fuquay-Varina

**Covenant Community Garden**, United Methodist Church, 100 S. Judd Pkwy SE, Fuquay-Varina

**The Mayo St. Garden**, 20 Mayo St., Raleigh

**Oaks Dale Community Garden**, 816 N Bloodworth, Raleigh

**Southeast Raleigh Community Garden**, 2525 Sanderford Rd, Raleigh

**Simple Gifts Community Garden**, 1075 S. Hughes St, Apex

## Week of the Young Child



## THURSDAY, APRIL 15 ★★ ★ MOVE IT, MOVE IT

There is a link between children's physical activity, fitness and play, and other areas of development such as cognition, behavior and stress. One quarter of U.S. children spend 4 hours or more watching television daily. The American Academy of Pediatrics recommends no more than 1-2 hours of quality TV and videos a day for older children and no screen time for children under two.

### COMMUNITY ACTIVITY:

#### Little Explorers

Visit a local park or take a walk around the neighborhood. Themed walks make movement fun and interesting. Contact Parks and Recreation Departments for nearby locations and activities:

- Durham Parks and Recreation [www.durhamnc.gov](http://www.durhamnc.gov)
- Orange County Recreation and Parks [www.co.orange.nc.us/RecParks](http://www.co.orange.nc.us/RecParks)
- Wake County Parks and Recreation [www.wakegov.com](http://www.wakegov.com)

### FREE WORKSHOP FOR PARENTS AND CHILD CARE PROVIDERS

Attend these workshops to learn about increasing physical activity for young children (and yourself). See enclosed registration form to sign up.

#### Play More, Move More!

(1.5 child care credits)

Time: 6:30 – 8:00 pm

Location: Child Care Services Association, 1829 E. Franklin St, Bldg 300, Chapel Hill

#### Be Active Kids

(2.0 child care credits) (Teachers of 4 & 5-yr-olds only)

Time: 6:30 – 8:30 pm

Location: Child Care Services Association, 319 Chapanoke Rd, Ste 114, Raleigh

### WHAT PARENTS AND PROVIDERS CAN DO:

1. Turn off the television, video games, and computers to join children in active play.
2. Don't have young children seated for more than 30 minutes (except when sleeping or eating).

## FRIDAY, APRIL 16 ★ LITERACY & NUTRITION

Developing early reading skills is crucial to a child's success in school. Children who enter school with larger vocabularies start school ahead of children who have not been exposed to enriched language environments. Reach out and help children get the early literacy foundation they need to succeed in school.

### COMMUNITY ACTIVITY:

#### STOP, DROP & READ

Volunteers from throughout the Triangle are scheduled to read books to children in various child care programs. This activity will make a child's day and help promote early literacy!

## SATURDAY, APRIL 17 ★★ HEALTHY KIDS DAY

### COMMUNITY ACTIVITY:

10:00 am – 2:00 pm

This annual event showcases over 30 programs, services and agencies available to young children and families in Orange County. A day of fun and learning, Healthy Kids Day is presented by the Chapel Hill/Carrboro YMCA and the Orange County Partnership for Young Children. New this year, with the addition of the Orange County Health Dept. & Healthy Carolinians as presenting sponsors, will be the crowning of the winner of the Healthy Classroom Challenge (HCC). Location: Martin Luther King Jr. Blvd, behind the CH/C YMCA.

### WHAT PARENTS AND VOLUNTEERS CAN DO:

1. Visit your local library and check out books about healthy eating.
2. Donate children's books, in excellent condition, to a local child care program.
3. Create an outdoor reading center in your program.

