

FIRST 5 CONTRA COSTA

Throughout the county, **First 5 Regional Centers** provide free classes for kids under the age of 5.

Classes include, soccer, dance, and general movement.

Programs have taken place in cities like Antioch, San Pablo, Richmond and San Ramon

For more information visit First 5's website: <http://www.firstfivecc.org> or contact Rhea Laughlin: r laughlin@firstfivecc.org.



Want to share your success story?

Email Project Assistant
Tonya Love

Healthyandactiveb45@gmail.com



Weigh of Life

Weigh of Life is a non-profit organization in Richmond that provides exercise and nutrition classes for families.

Their child care program includes 30-60 minutes of physical activity. For more information visit

<http://weighoflife.org> or contact Jan Schilling: jschilli@aol.com.

Healthy and Active Before 5

To see videos of play success stories

Visit our website at

<http://www.healthyandactivebefore5.org>



Healthy and Active Before 5

Play Success Stories!
Leadership Council Agencies promote play for children 0-5 in Contra Costa.

Contra Costa College Early Learning Center

The Early Learning Center at Contra Costa College serves as child care center for students as well as for families that live in the San Pablo area, as well as a 'live laboratory' for the Early Childhood Education program.

The Early Learning Center incorporates 30-60 minutes of physical activity into their daily curriculum.

For more information visit their webpage found on <http://www.contracosta.edu>, or contact Marva Lyons: mlyons@contracosta.edu.



Plan to Play? Here are some guidelines.

Infants should interact with parents or providers in daily activities that encourage exploration of their environment. Prolonged sitting in one place should be avoided.

Toddlers should have at least **60 minutes a day of child-directed active play** and **30-60 minutes daily of adult-assisted play**.

Outdoor play is more energetic than indoor play. Toddlers have short energy spurts, so they should be offered frequent short opportunities to have active play, not long periods of prolonged exercise.

Children who live in communities with **parks, playgrounds, trails and recreation programs** located close to their homes tend to be more physically active.

Affordable recreational programs at parks and community centers encourage more use of local facilities and more activity by children.

Policies, staff training and space in **child care centers** are a strong predictor of the amount of physical activity that a child has in the center.

Parents who encourage, and participate in active play with their children will have more active children.