



Minding the Baby®

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Please Join Us...

It's time for our Yearly Minding the Baby® Reunion!

Where? The CT Children's Museum in New Haven

When? Tuesday, April 3, 2012

What time? 10 am – 12 noon

See enclosed invite for more info and directions...



First Lady Michelle Obama Says: Let's Move!

The first lady's goal: "Children born today will grow up healthier and able to pursue their dreams."

Prevent Obesity for Children!

Obesity can cause...

Heart Disease Type 2 Diabetes
Asthma Sleep Apnea



This can cause or affect...

School Discrimination Low Self Esteem
Learning & School Experience

Exercise IMPROVES...

Mood Skin Complexion Self Image
Body Weight



Adults should exercise for 30 minutes each day.

Children should have 60 minutes of active play each day.

Turn over for tips to get you & your child MOVING...
Plus FREE spots to go for fresh air in New Haven!

Getting Fresh Air And Exercise In New Haven

Spring is almost here! Check out these local spots for fresh air and fun with your little ones during the day!

1) **East Rock Park:** You can enter on Cold Spring or Orange Street. East Rock Park offers hiking trails, walking paths, great views of New Haven and Hamden from the summit drive, and more. See <http://www.cityofnewhaven.com/Parks/ParksInformation/eastrockpark.asp> for directions and details.

2) **Edgewood Park:** On Edgewood Ave, this lovely park has areas for walking, jogging, bird-watching, and more. For info, see <http://www.cityofnewhaven.com/Parks/ParksInformation/edgewoodpark.asp>.

3) **Lighthouse Point:** From the well-known lighthouse to the fun-filled beach, playground, and carousel, this is a great place to visit any time of year! Details: <http://www.cityofnewhaven.com/Parks/ParksInformation/lighthousepoint.asp>

Dont forget! Many parks & beaches in and around New Haven are free to enter. There is so much to learn and enjoy outdoors, any time of year. Spring is full of fun and discovery. Take your child for a walk or a hike today!

Why don't adults exercise?

Too tired

Too comfy on couch watching TV

No time

No money to join a gym/class

Shy or embarrassed to be in a class

What are some easy and fun ways to exercise?

Dance to TV shows

Walk to the store

Dance as you clean the house

Play outside with your child

- throw or kick a ball!

Skip with jump ropes

Have a "dance party" with your child

Run up and down the stairs

Walk around a school track

Stretch when you get out of bed



More Tips...

Break up exercise sessions into 3 10-20 minute blocks each day. That is half an hour to an hour of exercise per day!



Exercise for *health* not only for weight loss.

Do something you enjoy!

You and your child will feel much better.

You are teaching your child a great lesson!



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Happy Spring from Minding the Baby®!