

FORWARD CORNER

April is Move More Month, Every Kid Healthy Month and the Week of the Young Child

The month of April is filled with healthy living messaging activities and opportunities. The American Heart Association celebrates **Move More Month**, encouraging everyone to move more and commit to being physically active. Action for Healthy Kids is sponsoring **Every Kid Healthy Week**, April 22-26, to celebrate school health and wellness achievements. And the National Association for the Education of Young Child designates April 8–12, 2019 as the **Week of the Young Child (WOYC)**, an annual celebration to spotlight early learning, young children, their teachers, families and communities, including a theme-based focus, including Music Monday and Tasty Tuesday.

All three organizations have resources, tool kits and home and school/work activities to bring the national observance to life. Early childhood educators are encouraged to step it up this April, learning more about how to reinforce healthy living messages with children and families and within the community. Check out these links:

- Move More Month: click [here](#)
- Every Kid Healthy Month: click [here](#)
- Week of the Young Child: click [here](#)

FORWARD encourages early childhood and school age programs to share this information with families and promote this monthly focus.

- Be Active and Have Fun: [English](#) [Spanish](#)
- [50 Ideas for a Healthy and Happy Family:](#)
- [Move More at Home:](#)

JOIN THE HEALTHY MOVEMENT TODAY!

Families: Get started now! For the month of April: We all benefit from moving more and sitting less. Introduce one new activity each week to get your family up and moving.

Early Childhood Providers: Join FORWARD DuPage this April: Plan to celebrate WOYC by being active during Music Monday and focus on healthy eating during Tasty Tuesday.