

FORWARD DuPage CORNER

June is Sports America Kids Month

Held every year during the month of June, *Sports America Kids Month* encourages children to engage in a healthy lifestyle, including sports activities during the summer months.

In addition to the health and wellness benefits—engaging in moderate and vigorous activity and developing skills and interests that carry over throughout childhood and into adulthood; playing one or more sports can help children develop confidence, self-discipline, coordination, teamwork skills, and sportsmanship behavior.

Studies show that only one in three children are physically active every day, nearly 17% of children are obese and on average, children spend more than seven and a half hours a day in front of a screen (e.g., TV, video games, and computers). At a time when most children could benefit with more activity, sports may be one option. FORWARD DuPage reminds us that preschool children are too young for organized and competitive sports. Instead look for programs that are geared to the interests and abilities of young children, that don't have a lot of expectations, that are play based and lead to skill development and in which children are having fun! Begin with running, swimming and tumbling and add individual and team sports as children get older (soccer, softball, baseball, basketball, golf, tennis, gymnastics, martial arts, and skiing),

The American Academy of Pediatrics encourages families to consider the child's age, interest and ability. Click [here](#)

For information on healthy eating and active living initiatives in DuPage county, check out www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).

JOIN THE HEALTHY MOVEMENT TODAY!

Families: Get started now! For the month of June, see that your child is involved in at least one age appropriate sport/activity and continue to introduce new opportunities throughout the year.

Early Childhood Providers: Use the month of June, to introduce sports to young children but keep the focus on skill development and fun instead of organized and competitive sports.