

I Am Moving, I Am Learning




There is a lot of dancing going on at CDR these days! A proactive new program targeting childhood obesity in Early Head Start and Head Start programs has been introduced to Child Development Resources child care classrooms and play groups. I am Moving, I Am Learning, a research-based program, recognizes that children are not healthy simply because they are young, and the critical role that physical activity and health play in a child's physical, mental, and social development.

In May, eleven Child Development Resources staff members, Amanda Wood, Michelle Blowe, Tiffany Tayman, Karla Sprouse, Kelly Bogart, Diane Mars, Kathe Moore, Beth Ford, Carol Allen, Heather Young, and Soheila Pirzadeh attended the Virginia Department of Health's two-day training in Richmond, VA which was provided as part of Virginia's CHAMPION program (Commonwealth's Healthy Approach & Mobilization Plan for Inactivity, Obesity, and Nutrition).

Efforts to prevent childhood obesity are desperately needed in Virginia, where approximately 28% of fourth and fifth grade children are overweight. In fact, the original pilot project focused on seventeen Head Start programs in Virginia and West Virginia, where the rate of obesity in elementary school children was nearly double the national average. There have recently been troubling signs of the growing childhood obesity problem in Virginia. Child safety seats are larger than before—a seat that used to be rated for an 80 pound child is now rated for 100 pounds.

Since its inception in August 2004, the project was expanded in response to a groundswell of enthusiasm from Head Start programs eager to embrace this approach to children's wellness, and the program now includes Early Head Start programs like those at CDR.

The goals of I Am Moving, I Am Learning are to increase the quantity of time spent in moderate to vigorous physical activity (MVPA) during daily routines to meet national guidelines for physical activity, to improve the quality of structured movement experiences intentionally facilitated by teachers and adults, and to improve healthy nutrition choices for children every day.

With "Choosy" as the fun loving lead character singing songs like "My Heart Says Thanks" and "Choosy Size Me," it's easy to see why children and parents both love the program. For more information visit www.choosykids.com 

My Heart Says Thanks

When I eat my fruit, my heart says thanks,
Bump, bump, bump, bump, my heart says thanks.
When I eat my veggies, my heart says thanks,
Bump, bump, bump, bump, my heart says thanks.
When I drink milk, my heart says thanks,
Bump, bump, bump, bump, my heart says thanks.
When I rest and sleep, my heart says thanks,
Bump, bump, bump, bump, my heart says thanks.
But when I move, move, move...
Kids: "move, move, move"
And when I jump, jump, jump...
Kids: "jump, jump, jump"
And when I hop, hop, hop...
Kids: "hop, hop, hop"
And when I run in place...
Kids: "run in place"
But when I move, move, move...

Kids: "move, move, move"
And when I jump, jump, jump...
Kids: "jump, jump, jump"
And when I hop, hop, hop...
Kids: "hop, hop, hop"
And when I run in place...
Kids: "run in place"
Repeat 2 times
My happy healthy heart says,
My happy healthy heart says,
Thank you, Thank you (7 times)
Bump, bump, bump, bump, my heart says thanks
My heart says thanks.
Repeat 2 times
Bump, bump, bump, bump, my heart says thanks

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