

Wisconsin

Getting Kids Moving with Few Resources

What motivated Tender Times Child Care to get kids moving?



Teresa reads “Jump,” a story about animals jumping. When the book says the animal jumps, the kids jump!

Teresa Storm, owner of Tender Times Child Care, is determined to prevent childhood obesity.

“It was important for me to focus on health for the children when I took control of my own life and started living healthier,” said Teresa. “I didn’t want the children in my care growing up overweight as I did.”

By including physical activity and nutrition into nearly every area of her program, Teresa is helping her kids get off to a healthy start. She knows that the positive influence that she has on kids now can impact them their whole lives.

How did Tender Times Child Care overcome challenges?



Kids practice jumping, balancing, leaping, and crawling by going through the obstacle course in the backyard.

One of the challenges Teresa faced when she started to get kids active and eating well was the lack of resources in her part of town, like having a nearby pool or an indoor sports facility.

Teresa found local funding resources. She applied for Wisconsin’s Active Early Grant, which provides funding to family child care providers to support them in offering two hours of physical activity each day, which is the amount of physical activity preschoolers need. With the funding, Teresa has been able to purchase new equipment for physical activity like obstacle course equipment and tricycles. Now, she can create her own obstacle courses for kids to keep active outside. Teresa was also able to design a physical activity library with books that

show kids how to move their bodies in fun ways.

Teresa keeps kids active through activities that are low-cost or no cost.

Through a little bit of research, Teresa found games that require minimum equipment. For example, she found a game called cat and mouse where half of the kids are the mice with tails made out of yarn braided together. The other half of the kids are cats. The cats chase the mice and take their tails, and then they become a mouse. The kids love this game so much that Teresa said, “This game continues until the teacher is ready for it to end!”. During circle time, kids act out stories and dance to music.

Teresa incorporates physical activity into learning.

Kids at Tender Times Child Care learn how to count by counting their jumps and hops, and they use the obstacle course to practice jumping, balancing, leaping and crawling.

How is Tender Times Child Care getting families involved?



Kids check-out 'take home bags' with games and books to continue the fun at home.

Teresa encourages families to be active with their kids at home.

Teresa put together 'take home bags' that are full of fun items from active games and CDs for dancing to children's books on physical activity and nutrition. Parents and kids check out the 'take home bags' overnight or over the weekend to continue the fun at home. Teresa said, “Children who have favorite games and music love to share the 'take home bags' with their families!”

Tips for Success

- **Look for funding resources in your local area or state.** Don't be afraid to apply for grants or scholarships. Contact schools and libraries in your area for ideas and help.
- **Go online.** By searching online, you can find ideas for physical activities, including activities that require little to no equipment. [Check out free resources](#) available on the Let's Move! Child Care website to get you started.
- **Have fun!** Be creative and come up with fun ways to get moving, like dancing. For free songs to get your kids up and moving to a fun and happy beat, [download songs from Color Me Healthy.](#)

We want to feature your story of progress and success working on the five *Let's Move!* Child Care goals. Please email a brief description of your story with your contact information, including program name, city and state, to eeobesity@cdc.gov with the subject heading “Program Success Story.”



For info about *Let's Move!* Child Care and to read more success stories, visit the *Let's Move!* Child Care website, www.HealthyKidsHealthyFuture.org created and hosted by Nemours