

Letter to Families

NON-FOOD CELEBRATIONS

party
healthy

Dear Families,

We love to celebrate! Birthday parties and holidays provide a perfect opportunity to role model how to celebrate with activity and play! As a part of our efforts towards health and wellness, we are committed to hosting non-food celebrations.

We know it's important to honor a birthday. Please do not send in a sugary treat for your child's birthday. Let's celebrate their special day in a different way. Ideas to consider:

- **Dance Party:** Send in your child's favorite music and we'll lead the class in a fun, active dance party in honor of their birthday.
- **Birthday Library:** Donate your child's favorite book to the classroom library. We'll read it together and all the children can sign (or stamp) it.
- **Games or Crafts:** Arrange with us in advance to bring in a game or craft to be completed in honor of your child.

Our efforts are supported by *Let's Go!*, a program of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit www.letsgo.org. Thank you for joining our commitment to healthy kids!

Sincerely,

