Welcome to the Zobey take home class.

This class focuses on physical activity and healthy drinks for you and your child. It goes with the Zobey DVD that you received from the WIC office.

To get credit for completing this class:

1. Show the Zobey DVD to your child. Watch the video and participate along with your child.
2. Read the attached information.
3. Fill out the attached survey before your next WIC appointment.
4. Return the survey to the WIC office at your next WIC appointment.

As a parent you want your child to be happy and healthy. A healthy child starts with what you do as a parent today.

Watching the Zobey video and participating along with your child is one way you and your child can exercise and be active together.

Be active and play with your child each day.
Physical activity is an important part of your child’s health and development.

- It helps your child learn new skills, build self-confidence, and maintain a healthy weight.
- Kids who are active also behave better and sleep better at naptime and at night.

How much physical activity does my child need?
An hour or more of active play is best.

Name 2 ways you enjoy being active with your child:
1. _____________________________________________________________
2. _____________________________________________________________

When you and your child are active be sure you both drink plenty of water. Water is refreshing, calorie free and inexpensive. Water also helps your body in all kinds of ways. Here are just a few things water does for you:

- Helps your body stay cool.
- Calms your thirst.
- Helps you digest food
- Keeps your skin soft
- Prevents constipation

How much water do we need to drink?
There is no exact amount of water we need to drink each day. Your thirst tells your body how much water to drink.

All of the things you eat and drink contain water, but some drinks are better than others. Drinks like sodas, fruit drinks, fruit punch and sweetened tea contain a lot of calories and sugar. Drinking too many high sugar drinks can lead to unhealthy eating, weight gain and tooth decay. These drinks also cost more than water.
When it comes to drinks for kids follow these guidelines:

- Give no more than 6 oz of 100% fruit juice per day (about ½ - ¾ a cup)
- Encourage your child to drink 16 oz of lowfat milk per day (2 cups)
- Give water to thirst. (4+ cups per day)

How can I help my child drink more water?

Here are some ideas you can try to help your child drink more water:

1. Drink water with your child. You are your child’s best role model, if you drink water he will be more likely to drink water too.

2. Don’t buy high sugar beverages. If they are not in the house you and your child are less likely to drink them.

3. Squeeze a slice of lime, lemon or orange into water for a refreshing flavor.

4. Wash and reuse small water bottles.

5. Keep water in small water bottles in the fridge so it’s easy to grab.

6. For a treat try mixing 100% juice with carbonated water (like plain club soda or sparkling mineral water.)

7. Talk to your child about water and all the great things it does for you.

8. Watch and move to the Zobey DVD. The Zobey DVD includes healthy messages about drinking water.
La No. ___________ Site No. ___________

Searching for a Rainbow
The Adventures of Zobey
Take-home Class Survey SP-000-28

Please watch the Zobey DVD, *Searching for a Rainbow*, with your child before completing this form. Return the completed form to WIC at your next appointment. The Zobey DVD is yours to keep.

Please answer the following questions about the take-home lesson.
1. It is important for my child to be physically active because _____________________________________

2. One reason it is important for my family to drink water is _____________________________________

3. What are the recommended amounts for your child? Juice ________ Milk ________ Water ________

4. Name one idea you plan to try to help your child drink more water:

Please answer the following questions about the Zobey DVD.
5. My child watched the Zobey DVD:
   __0 times   __1 time   __2 times   __3 times   __4 times   __5–9 times   __10+ times

6. Did your child ask for any fruits, vegetables or drinks that he/she saw while watching Zobey?
   ☐ Yes    ☐ No    If yes, please describe:

7. Did you look at any of the bonus features (Nutrition tips or recipes) on the DVD? ☐ Yes    ☐ No
   If yes, what information or recipes did you find helpful?

8. Compared to other children’s programs, circle the number of stars you and your child would give the Zobey program. (1 star being not good and 4 being great).

   ☀ 1  ☀ 2  ☀ 3  ☀ 4  ☀ 5  ☀ 6  ☀ 7  ☀ 8  ☀ 9  ☀ 10
   Not Good    Great

9. What else would you like to tell us about the Zobey take-home class or the Zobey video?

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