



Free and Low Cost Resources

Introduction

This list of supporting resources have been collected to support TA providers as they work with programs and providers.

Books/Booklets

[On the Move](#)

This resource from Zero to Three highlights how powerful movement is in a child's first three years. Through movement, children develop good thinking and communication skills as they explore and interact with their world.

<https://www.zerotothree.org/resources/316-on-the-move-the-power-of-movement-in-your-child-s-first-three-years>

[Best Practices for Physical Activity](#)

Nemours Health and Prevention Services (NHPS) created these physical activity guidelines to help promote and support quality physical activity for children. The guide also includes sample child care and early education program policies. The booklet is available in English and Spanish on

<https://healthykidshealthyfuture.org/>.

Websites

[Healthy Kids, Healthy Futures](#)

The Healthy Kids, Healthy Futures websites provides a wide range of information focused on physical activity including children's activities, resources, research and parent information.

<https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/resources/>

Low Cost Physical Activity Professional Development/Training

[Penn State Extension Better Kid Care](#) on demand distance education system provides professional development online anytime. <https://extension.psu.edu/programs/betterkidcare/lessons> Courses are free. Completion certificates are \$5.00. The Better Kid Care website. The website offers a simple tool to confirm if courses are approved or accepted for child care professional development in your state.

On demand modules for physical activity include:

- Healthy Kids, Healthy Future: Get Kids Moving
- Healthy Kids, Healthy Future: Reduce Screen Time
- Family Child Care: Overcoming Barriers to Lead Fun Physical Activities
- Physical Activities for Young Children: Lead with Confidence
- I Am Moving, I Am Learning – Active Play Every Day!
- I Am Moving, I Am Learning – Take it Outside



Free and Low Cost Resources *(Cont'd)*

Resources to share with families

[Parent Activity Calendar](#)

A start anytime, reusable calendar from Head Start Body Start you can send home with parents. The calendar has fun, simple physical activities to do everyday with preschoolers.

http://healthysd.gov/link_get-moving-today-activity-calendar/

[Developmental Milestones](#)

CDC's "Learn the Signs. Act Early." (LTSAE) had free research-based, parent-friendly resources on child development to help you boost family engagement and your own professional development. Other resources available include a milestone tracker app, milestone checklist and a milestone video collection.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

[Pathways](#)

Pathways is a not-for-profit organization providing free child development information to empower parents. Multiple resources can be found on their website supporting physical activity, gross motor development, screen time and active play.

<https://pathways.org/us/>

Outdoor Play and the Outdoor Environment

[Move More North Carolina: A Guide to Creating Active Outdoor Play Spaces](#)

A brief guide for creating a successful outdoor space in early care settings.

<https://www.eatsmartmovemorenc.com/ActivePlaySpaces/Texts/PlaySpacesGuide-HiRez.pdf>

[Painting Preschool Playgrounds for Movement](#)

This booklet was created by the California State University Chico, Center for Healthy Communities and provides ideas and instructions for using playground stencils to enhance physical activity opportunities for preschool children. These ideas can be used out side or inside with painted surfaces and also chalk drawings on playground.

[Outdoor Classroom Day](#)

Outdoor Classroom Day aims to get as many children as possible playing and learning outside. Whether you're looking for outdoor lesson plan ideas, resources to encourage others to get involved, or guidance on making outdoor learning and play part of every day, you'll find it here.

<https://outdoorclassroomday.com/resources/>