

Pointers For Parents

A New Kind Of Family Road Trip

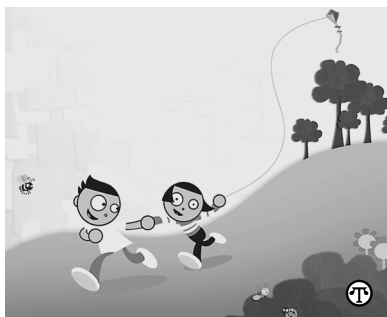
(NAPSA)—With gas prices on the rise, more than one-third of Americans say they are changing their vacation plans—including canceling the family road trip. So what can Mom and Dad do to keep the kids moving and having fun?

One idea comes from PBS KIDS®, which takes families on a “virtual road trip” of specially designed programs, dances, games and online content to get kids moving and teach them about healthy living. With rates of childhood obesity three times higher now than in 1980, the network has launched a series of health-themed projects to help parents and kids learn about fitness, nutrition and healthy living.

“Helping kids and families embrace a healthy lifestyle is not just a one-time message; it’s a life-long journey,” said Lesli Rotenberg, Senior Vice President, Children’s Media, PBS.

The road trip begins with PBS KIDS and PBS KIDS GO! popular children’s television series featuring special health-themed programs throughout the year, including “Sesame Street” teaching kids about healthy habits, a sports-themed week from “Maya & Miguel” and more than a dozen episodes from shows including “Caillou,” “Arthur,” “Barney & Friends” and more that cover nutrition, fitness and overall health and wellness.

On the Web, pbskidsgo.org offers games, dances and



PBS’s children’s programs and Web content help families get moving on a virtual road trip.

activities through the “Get Going!” and “Smart Food” links. At pbsparents.org, “Keeping Kids Healthy and Fit” focuses on children’s health, with topics ranging from winning over picky eaters to getting kids active with fitness games.

And since you can’t have a road trip without music, They Might Be Giants—along with Arthur, Ruff Ruffman and others—give kids a theme song to dance to titled “Get Up and Go.” A special dance and an extended version of the music video are at pbskidsgo.org.

So just because the family road trips may be curbed for the time being, it doesn’t mean kids have to stay still. And the one question parents won’t get on this road trip: Are we there yet?

For tips on fitness, nutrition and healthy living year-round, parents are invited to visit pbsparents.org.