

TODAY'S FUTURE

According to the New America study child care for a child age 4 or younger now costs on average \$9,589 a year. This is greater than the average annual cost of college tuition which is \$9,410. The cost for an in-home caregiver averaged \$28,353 annually. One-fifth of families use a "patchwork" approach to providing care for their children such as relying on family or friends to provide care, looking for unlicensed care, or cutting back on the number of hours worked. Some parents have delayed purchasing a home or saving for college for their children. According to the report, quality as measured by accreditation and user reviews, and availability as measured by the ratio of childcare providers to young children, is also inconsistent across the country; no State scores well across the board for cost, quality & availability.

Source: [Financial Advisor](#)

Indoor Fitness Activities What to do During Spring Showers!

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Spring looks to be right around the corner. When the weather is nice, you can go outside and take a walk or a hike. The sunshine and the warm breeze feels great. Then, one day, it starts to rain and you can't do those outdoor activities like you planned. What do you do with your kids on those days? It's time to get creative and do fun fitness activities indoors.

Fitness Shuffle: This is a great indoor game that doesn't require a lot of room or equipment that everyone enjoys. Each person receives a small bean bag or coin to put on the tops of their feet. Keeping feet together, the players "shuffle" their feet forward a little at a time to move without letting the object fall off their feet. Create a finish line and have each player race to the end. Try racing an adult against a child or try a tag team event.

Dance Party: Turn on your favorite tunes and move to the beat!

Freeze Dance: When the music stops, freeze in your pose and hold it until the music begins again. Encourage everyone to move as fast as they can (jumping, bouncing, marching, wiggling) while the music is playing.

Indoor Obstacle Course: Create a fun obstacle course using furniture. You can also put two tables together and use string or yarn to create a maze that kids can climb over and under.

Follow the Leader: Encourage the "leader" to add some active movements such as jumping jacks, running in place or hopping on one foot.

Push the Parents: Plant your feet and see if the kids can budge you. If you move your feet, they win. Make it a little easier for young children by standing on one foot. Physical activity is important for all of us, and it is not as easy to get when you can't be outside. When you're stuck inside because of the weather, choose active games to keep children entertained and active.

How can you raise an active child?

► Be a good role model. Active parents tend to raise active children. You influence your child's behavior and attitude toward physical activity.

► Set limits on screen time. Limit computer, TV and other screens to less than 2 hours a day. Try reading during inactive time rather than watching TV.

► Make active play fun for the entire family. Let your child help plan activities to get everyone moving.