<u>Chicago**Parent**</u>

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Motivation to move it

GeoPalz Activity Tracker gets the kids off the couch and out walking. This pedometer clips onto your child's waistband, keeps track of their steps and rewards them for their activity. As an extra incentive, kids can register their GeoPalz Activity Tracker online and then log their steps each day to accumulate points. Points can then



Learning music concepts can be fun

Reading and music come together with the Freddie the Frog book series, designed to teach the fundamental concepts of music. Musical notes are interspersed throughout the story to give kids an idea of where particular notes are placed on the staff. Each book also includes a CD that tells the story and features more songs. The stories, geared at kids 8 and under, are engaging and the CD will keep the kids entertained. Each book in the four-part series cost \$23.95. freddiethefrogbooks.com.



Serving sizes made easy

Nutri-Plate is a great tool to use to get kids to eat the correct portion size and make the right choices on how to fill their plates. The 8-inch plate, ideal for kids 2-8, has an appropriately-sized area for veggies or fruits, proteins, fats and whole grains. Each section is colorful and has text describing what types of foods should fill the spot.

The plate offers visual cues for kids, giving



