



Tips on how to get your young children to move more

1

Make physical activity a fun, regular part of every day.

- Take your tot to the local playground and encourage him or her to climb, swing and play. Arrange to meet up with friends so it's fun, active and social for every member of the family.
- Too wet or cold to go out? Simply turn up the music and dance! Kids love to move to the beat and it gets their hearts pumping too.
- Make an after-dinner walk a regular activity. It's a great way for all members of the family to unwind from the day and to get some more physical activity.
- Make use of the programs and facilities offered at your local community centre. Let your toddler try different sports in age-appropriate classes, such as gymnastics, dance and swimming.
- When it's time to do yard work, make sure everyone helps. Little family members love to dig, rake, shovel and pickup sticks.

2

Make physical activity one of the selection criteria for your child's preschool or day care

- Choose a day care that spends plenty of time outside, in the park or at the playground.
- Select a preschool or day care within walking distance of your home and leave the car at home every day. You and your child will both benefit from the walk.
- Join the school's Parent Council and speak up for increased physical education classes and active opportunities offered every day. Suggest seasonal yard days and annual sports play days.

3

Be a good role model

- Make sure you live an active life. It's important your child sees you running, walking and playing sports.
- Display a positive attitude that being active is fun and feels good.
- Build a family physical activity into every weekend. Go for a hike or a bike ride, build a fort in a local wooded park, or play a family game of soccer or football.
- Participate as a family team in a charity run, walk or car wash.

4

Set limits on screen time

- Remove TVs and computers from your child's bedroom.
- Make screen time active time; challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during commercial breaks.
- Explain to your kids the importance of outdoor play. Make sure they know decreased screen time is not a punishment.
- Tell your babysitters when they're with your kids, screens go off and active, fun time is expected.

5

Encourage your kids to join a sports team or club

- Sign your children up for sports groups and teams at the earliest opportunity, so they can start learning important skills. Make sure to keep it fun though. It's the physical activity that counts – not the competition.
- Show your support and try to attend as many games as possible. Consider walking a few laps around the field or arena with the other parents to get your own hearts pumping.
- Join adult sports teams and encourage your kids to come and cheer you on at games and tournaments.