

It's fun and easy to be active with children! Run, jump, dance...

Do you have a child age two to five? Then try to do at least one of these ideas everyday:

- ✓ Have a ball – roll, throw, kick and toss.
Try different kinds of balls
- ✓ Go to the park
- ✓ Dance or move to some music
- ✓ Run through the sprinkler
- ✓ Ask your child to follow you, then hop on one foot, sit down, stand up, touch your toes, etc.
- ✓ Set up an obstacle course using couch cushions for your child to crawl over/ under etc
- ✓ Rake the leaves and jump in the pile
- ✓ Spread some blankets on the floor and tumble, roll and balance
- ✓ Act like animals – slither like a snake, hop like a rabbit, trot like a horse, leap like a frog
- ✓ Set up a place indoors where your child can safely jump and climb
- ✓ Make a snow man. Make snow angels
- ✓ Read your child a story and act out parts of the story together

Need ideas on getting
preschoolers active?

Looking for place to connect
with your community resources?

Want to stay updated on the early
years field? Try our website

www.haveaballtogether.ca



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www.beststart.org

Have a ball together!

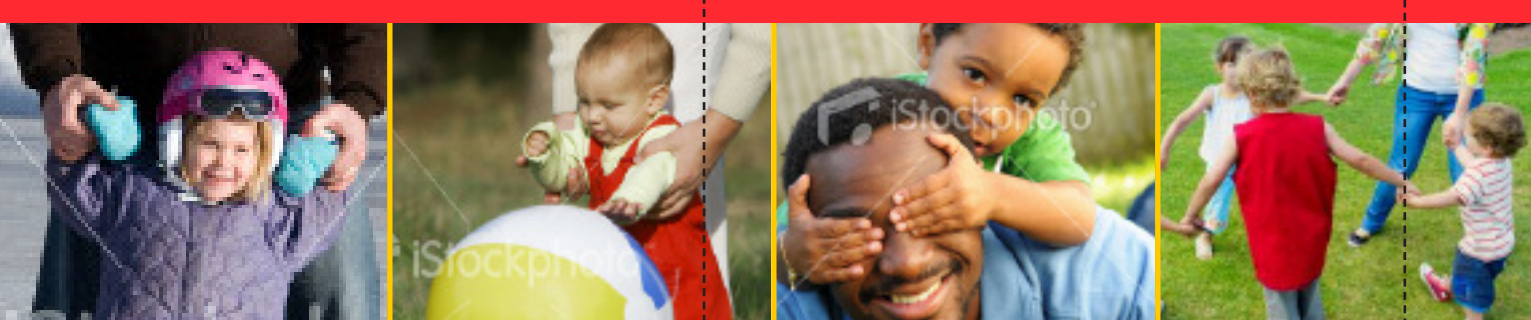


Raising Healthy Kids is Child's Play!

Do you have a child aged two to five?
Look inside for ideas
about how to be active together.

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Have a ball together!

Did you know that?

- ✓ Young children enjoy active play and should participate in physical activity every day
- ✓ By age 3, children are already spending less time being physically active
- ✓ Children spend more time watching TV and less time being physically active
- ✓ More and more children are overweight
- ✓ Higher weights during childhood increase the risk of chronic disease in adulthood
- ✓ Activities for preschoolers should be fun and non-competitive. Children can learn from active participation, helping each other and taking turns
- ✓ Children tend to be more active when they are outside



Less TV and computer time means more time for active play

The Canadian Paediatric Society recommends no more than one hour of TV per day for preschoolers

Tips to reduce/avoid screen time:

- ✓ Limit screen time. Explain your rules in a positive way. Instead of "You can't watch TV", say "Let's turn off the TV so we can..."
- ✓ Remove TVs and computers from your child's bedroom – children with TVs in their room watch more TV
- ✓ "Active" video games should not replace physical activity
- ✓ Keep the TV off during dinner. Meals are a great time for conversation
- ✓ Limit YOUR hours of screen time. You are a role-model

Children who feel good about their ability to use basic movement skills are more likely to be physically active at all stages in life. The best time for learning basic movement skills is during the early years.

Children need active play to grow and be healthy

Physical activity:

- ✓ Makes the heart, lungs, muscles and bones stronger
- ✓ Increases energy
- ✓ Helps improve sleeping and eating habits
- ✓ Helps maintain a healthy weight
- ✓ Helps young children feel good about themselves
- ✓ Helps children deal with stress and worry
- ✓ Provides opportunities to make friends
- ✓ Helps to develop positive lifelong attitudes toward physical activity

Be an "Action Hero"

That's you! Your child learns from you. Help your child be active:

- ✓ Encourage them
- ✓ Play with them
- ✓ Try something new together
- ✓ Make it easy for your child to be active
- ✓ Be a role model
- ✓ Have fun!

