



## **Movement and Learning**

Helping your child to discover the joys and fun of movement makes them healthier, faster, stronger, more flexible and better able to learn. To promote physical activity in your child, find activities they love, so they will want to do them.

1. Start by helping your child find ways to build activity in to their daily routine. This may include; walking, or biking to school or helping you run errands to the grocery store.
2. Provide them with play equipment that promotes active play at school during breaks and lunch time. Ex. Ball, skipping rope, Frisbee.
3. Encourage them to sign up for lunch time or after school activities provided by their school.
4. Register them for swimming lessons and go with them so you can enjoy some activity too.
5. Model being active, taking the stairs, mowing the lawn, walking the dog.
6. Limit screen time, TV and Computer. Provide them with other options such as having a friend over to play outside or doing an activity together, ex walking the dog.
7. Encourage activity on the weekends as well. Ex. Visit a local park, go hiking, biking or skating with them.
8. Encourage your child care person to provide after school physical activity opportunities for your child as well.
9. Make it a Challenge!! Give them some incentive by tracking their activity with them. Buy them a pedometer so they know how many steps they are getting. Put an odometer on their bike so they can track their distance. After a set time period, have a special event to celebrate their effort like a special day trip or a new piece of play or sport equipment.

*Adapted from 10 Tips to Help Your Child Get A Move On! Participaction*  
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