

Activity Tips for Parents

Top ten tips for getting children to stay active...

1. Ask children what activities they enjoy - encourage them to follow their interests. Make activity fun by teaching them to ride a bike, make a kite and fly it together, teach them to run, skip or use a hula hoop.
2. Encourage your child to spend more time outdoors. Let them invite friends over to play.
3. Spend time playing active games with your child - both indoors and out. For example, chasing, hide and seek, hopscotch and skipping.
4. Encourage them to walk to school with friends - or if they are too young, go along with them.



5. Provide them with a box of sports equipment such as balls, skipping ropes, tennis rackets, frisbees and roller skates.

6. Try doing some regular activity together as a family. For example, walking, cycling, swimming or playing tennis. This will help your children develop a positive attitude about physical activity.
7. Talk with the parents of other children locally. Arrange games in a nearby park. Take it in turns to supervise them.
8. Praise and encourage children when they are taking part in an activity - particularly if they are learning a new skill. Keep feedback positive - and don't push too hard. If they enjoy the experience they'll keep taking part. Also let them know it's the taking part, not the winning, which counts.
9. Children learn by watching what parents do. So be a role model. Show your child you enjoy and value activity by taking part yourself. Even simple things like walking instead of using the car can have a big influence.
10. Encourage children to keep a record of every activity they do.