

# Push Play Day November 7th

Every child needs exercise. It is an important health maintenance strategy for young children and it is an investment in their present and future health. Preschool-age children often are perceived to be highly physically active yet a recent research project in America has shown that children were inactive most of the time. This is on an average but children who attended preschool for 30 hours a week it was found that 25 of these hours were spent in sedentary activities. We need to be innovative as parents and teacher to combat inactivity and create opportunities for children to be as active as possible.

This is an ideal age to encourage children to build activity into their daily routine as it helps create a pattern that will stay with them for the rest of their lives. Children should participate in at least 30 – 60 minutes of physical activity on most if not all days of the week; this should include vigorous physical activity. (Vigorous physical activity is activity that makes you “huff and puff” and where talking in full sentences between a breath is difficult).

## **How do you encourage children to build active movement into their daily routine?**

Here are some ideas parents may like to try.

- Invite other children over to play and encourage them to play games and activities that involve physical activity.
- Buy your child activity based presents such as balls, skipping ropes, hoops, bikes etc.
- Involve your child in an organised activity or sport such as swimming, gym, holiday activity programmes.
- Provide a safe area for children to be active and creative.
- Get together with other families and take turns supervising the children at the local park or recreation facility.
- Limit TV.
- If realistic, organise a way for your child to walk to their Kohanga reo/preschool.
- Make sure your child has fun, enjoys participating and experiences success.

**Don't forget Push Play Day November 7<sup>th</sup>,  
Be in the draw for a visit from Tahu FM, just tell us how you push play at your  
Centre**

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## **Healthy Nibbles for Tots**

Nutrition and Physical activity Information for Under 5s

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

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**Canterbury**  
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Te Poari Hauora o Waitaha