

Let's get moving

Every child needs exercise. It is an important health maintenance strategy for young children and is an investment in their present and future health. Modern conveniences, technology and safety concerns mean that many children do not engage in sufficient active movement (i.e. physical activity). We need to be innovative as parents and teachers to combat inactivity and create opportunities for children to be as active as possible.

Encouraging kids to build active movement into their daily routine helps create a pattern that will stay with them for the rest of their lives. Below are some useful guidelines to help you plan activity times with and for your children:

- **Children should participate in at least 30-60 minutes of physical activity on most if not all days of the week.**
- **At least three times per week, the type of physical activity should be vigorous** (Note: Vigorous physical activity is activity that makes you “huff and puff”, and where talking in full sentences between a breath is difficult)

Remember, you play an important role in making sure that you and your kids are active and moving every day. Below are some ideas on things you can do to support your child:

- Be an active role model yourself
- Make family time active time; encourage regular activity together
- Give positive messages about being active to your child
- Take an interest in your child's physical activity

How do you encourage kids to build active movement into their daily routine? Here are some ideas you might 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 kids at the local park or recreation facility
- Limit TV and computer time
- If realistic, organise a way for your child to walk to their preschool and/or kohanga reo
- Make sure your child has fun, enjoys participating and experiences success

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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