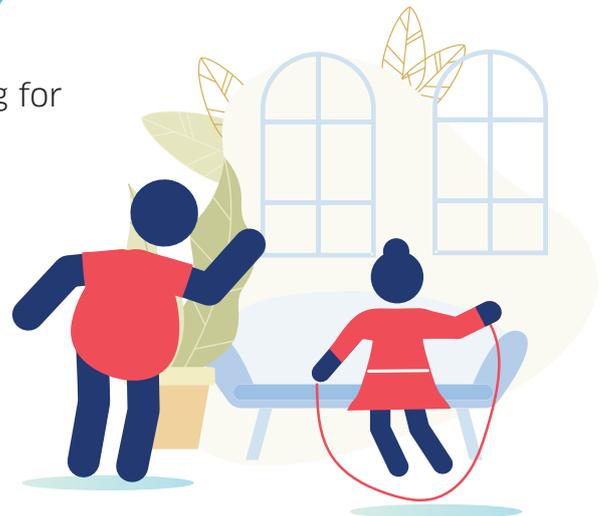


# ENCOURAGING CHILDREN TO BE ACTIVE



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## Tips for Parents

### Be positive and enthusiastic.

Taking a positive approach to getting active together is important. What can you do to role model the energy and behaviour you want to encourage?

### Plan for how you can get active together.

This provides a sense of relatedness for our children, gives them more autonomy, and helps to create some great ideas. When might 'making a plan' best fit for your family?

### Create a safe space to get active.

We want getting active to be a safe thing to do, for everyone involved. What things might you need to move, or activities need adapting to keep everyone safe and happy?

### Go with the flow.

Allow activities to develop naturally, trying not to step in too often with new instructions or information. What strategies can you use to stop this happening too often?

### Be brave and try new things.

Be aware that new experiences can be unnerving for children while they learn. What can you do to support your child while they explore new things?

### Keep asking for feedback.

Asking for feedback can help shape the session to keep your child engaged. Use drink breaks as an opportunity to learn more from them. What questions could you ask them?

### Recognise and reward effort and creativity.

When giving praise make sure to state what you like and why. "We're doing great, you're listening really well, let's keep going". How else can you think to recognise and reward?

### Don't stress.

Things don't always work, stay positive and build on your successes from each day. What strategies can you use to help reduce stress for you and them, should you need to?

### Every minute counts, it's about moving more often.

Something is better than nothing when it comes to getting active. What ideas can you think of to break up long periods of sitting or screen time with some physical activity?

### Go with what works.

Repeat what works, change what doesn't. Remember that different combinations of activity make new sessions. How will you agree what to keep and what to change together?