

## It's fun and easy to be active with children! Run, jump, dance...

Do you have a child age two to five? Then try to do at least one of these ideas everyday:

- ✓ Have a ball – roll, throw, kick and toss.  
Try different kinds of balls
- ✓ Dance to Aboriginal drums
- ✓ Look for rocks to make inuksuks
- ✓ Teach your child some basic jig steps
- ✓ Rake the leaves and jump in the pile
- ✓ Collect the material to make a dream catcher
- ✓ Act like animals – hunt like a polar bear, run like a caribou, fly like a goose, crawl like a seal
- ✓ Set up a place indoors where your child can safely jump and climb
- ✓ Make a snow man. Make snow angels
- ✓ Set up a game of 'blanket toss' by using small soft objects such as cotton ball, sock, soft ball
- ✓ Walk, run and have fun while gathering items on a nature walk. Show children the growth cycle of trees, berries, medicines, etc.



# Have a ball together!

Need ideas on getting preschoolers active?

Looking for place to connect with your community resources?

Want to learn more about child development? Try our website

[www.haveaballtogether.ca](http://www.haveaballtogether.ca)

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[www.beststart.org](http://www.beststart.org)

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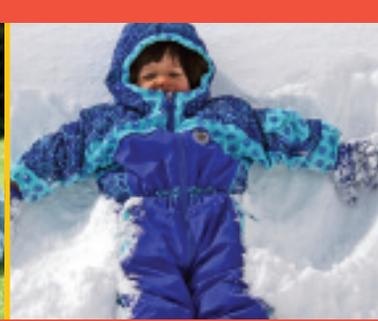
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Raising Healthy Children is Child's Play!

Do you have a child aged two to five?  
Look inside for ideas  
about how to be active together.

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**Have a ball together!**

## Did you know that?

Young children should have active physical play every day!

- ✓ If young children are active every day, they are more likely to be happy and healthy
- ✓ By age 3, children are already spending less time being physically active
- ✓ More and more children are overweight
- ✓ Children who are overweight are more likely to be sick (e.g. diabetes)
- ✓ Activities for preschoolers should be fun and non-competitive. Children can learn from active participation, helping each other and taking turns
- ✓ Children tend to be more active when they are outside
- ✓ Rates of obesity in Aboriginal children are 2-3 times higher than the Canadian average



## Less TV and computer time means more time for active play

The Canadian Paediatric Society recommends no more than one hour of TV per day for preschoolers

### Tips to reduce/avoid screen time:

- ✓ Limit screen time. Explain your rules in a positive way. Instead of “You can’t watch TV”, say “Let’s turn off the TV so we can...”
- ✓ Remove TVs and computers from your child’s bedroom – children with TVs in their room watch more TV
- ✓ “Active” video games should not replace physical activity
- ✓ Keep the TV off during dinner. Meals are a great time for conversation
- ✓ Limit YOUR hours of screen time. You are a role-model

**Children who feel good about their ability to use basic movement skills are more likely to be physically active at all stages in life. The best time for learning basic movement skills is during the early years.**

## Children need active play to grow and be healthy

### Physical activity:

- ✓ Makes the heart, lungs, muscles and bones stronger
- ✓ Gives you more energy
- ✓ Helps improve sleeping and eating habits
- ✓ Helps maintain a healthy weight
- ✓ Helps young children feel good about themselves
- ✓ Helps children deal with stress and worry
- ✓ Provides opportunities to make friends
- ✓ Helps to develop positive lifelong attitudes toward physical activity

## Be an “Action Hero”

**That’s you! Your child learns from you. Help your child be active:**

- ✓ Encourage them
- ✓ Play with them
- ✓ Try something new together
- ✓ Make it easy for your child to be active
- ✓ Be a role model
- ✓ Have fun!

