

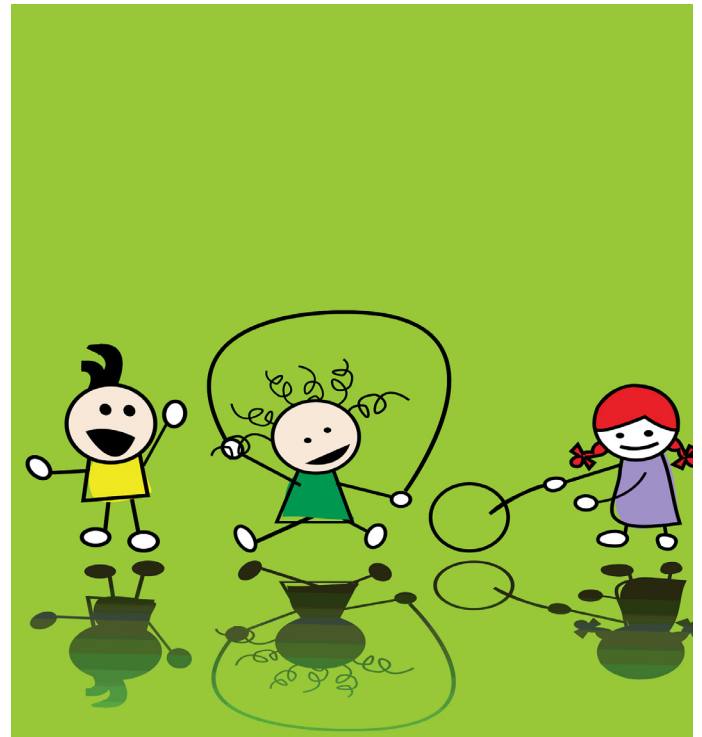
HANDOUTS FOR PARENTS

AGE 6-7 YRS

HEALTH CONCERNS

LACK OF PHYSICAL ACTIVITY

- Be a good role model to your child. Your child is more likely to listen to you if you are active and make physical activity a priority.
- Know the games that your child plays so that you can ensure if it is stimulating physical, cognitive and emotional growth
- Ensure that your child does not sit in the same position for long and moves around as much as they can
- Involve your child in moderate to rigorous physical activity or sport for an hour each day. It could be two 30 minute periods or four 15 minute periods of moderate to vigorous activities



- Don't let the child be completely dependent on physically active video games alone for exercise
- Limit the screen time (TV, computer, tablet and cell-phone) to an hour each day
- Encourage your child to step outside your home, meet their friends, play a sport with them and make new friends
- Remind yourself and encourage children to take stairs and walk short distances

“IF YOU DON'T WANT TO BE REPLACED BY A COMPUTER, DON'T ACT LIKE ONE”

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