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Creating Connections for Caring Families

Family Fitness Tips – You Got to Get Them Moving!

Primrose Preschools offers the following tips to increase the physical fitness of children:

Provide adequate space for safe indoor and outdoor play. If you have insufficient room at home, look into local community centers or municipal parks. Keep an eye out for clean, hazard-free play places.

Learning math skills, reading, or writing requires the proper tools; ***children need the correct equipment to become physically active.*** Supply quantities of balls including soccer balls, basketballs, beach balls and playground balls; jumping ropes; small parachutes; collapsible tunnels; bubble solution and sidewalk chalk; lacrosse or hockey sticks; racquets, paddles and bats; bean bags; ride-on toys or tricycles with the appropriate safety gear; batons for relay races; kites.

Make sure all equipment is soft, lightweight, and designed for the age and/or developmental level of your child.

Instead of sending the children out to play, join in! Be a role model and lead by example. If you treat exercise as a chore, the kids will, too. Present exercise as a fun break in the day, and your children will happily follow suit.

Play a simple back-and-forth kickball game; take a walk around the block; chase bubbles; dart through the sprinklers; see how long you can keep a beach ball in the air; hide a few small items around the yard and have a timed scavenger hunt; skip rope or play hopscotch; run relay races.

Turn up the music and dance inside or out; sing your child's favorite song or invent a new one; do the hokey pokey or the chicken dance; twirl, whirl and spin.

If your child is unable to complete a certain task, feel free to lower the bar. If he can't kick the soccer ball, break out the beach ball. It's important to promote a feeling of success. Children who feel as though they are gaining skills are more likely to keep trying to improve.

Whatever his or her skill level, use specific language to **praise your child's** accomplishments. Be a supportive coach. Provide enthusiastic encouragement and stress that exercise and play should be fun.

Click here to view a searchable database for Youth Sports.