

## 10 ways to encourage young children to be active

- 1. Create and ensure safe access to play environments, both indoors and out.** Children need to develop their physical abilities in safe and comfortable settings.
- 2. Be an active facilitator.** Adult participation in any physical activity increases the interest and enjoyment of children.
- 3. Encourage appropriate dress.** Let families know that informal clothing that allows free movement and is appropriate to the season is preferable to outfits that need to be kept neat and clean.
- 4. Offer opportunities for physical activity every day,** not just on special days. Active play that is as regular as lunch and nap time will help ensure that physical activity remains a natural part of children's daily lives.
- 5. Plan activities that match children's abilities,** so they experience a sense of achievement. Recognize and praise improvement.
- 6. Post images** of children moving and playing actively.
- 7. Walk** to points of interest rather than going by vehicle. Model and share in the fun of walking to a park or playground for a spell of vigorous play.
- 8. Emphasize fun, not competition,** and build basic skills with varied activities. Offer praise and encouragement.
- 9. Practice fairness.** Avoid comparing individual children's abilities or relating gender with particular activities.
- 10. Offer children a choice** of activity whenever possible, and lots of opportunities for unstructured play. Invite children to tell you what they'd like to do.