

Your child needs to be active every day.

Getting at least 1 hour of activity every day will help your child grow up healthy. An active child:

- » Sleeps better at night
- » Has a healthy weight
- » Grows strong bones and muscles
- » Feels better about themselves
- » Gets along better with other kids
- » Has more confidence when playing games and sports
- » Does better at solving problems and thinking about things
- » Does better in school



You can make active time more fun for your preschooler.

Your pre-school child will be active most of the day without needing help from you. You can make it more fun by planning an hour of fun activities every day. Here are some ideas:

- » Limit TV to 30 minutes each day or turn it off.
- » Play games like Simon Says, Chase, Tag, Hopscotch, Red Light – Green Light.
- » Show your child how to ride a tricycle – don't forget the helmet!
- » Put on some of your favorite music and dance around together.
- » Take your child to the local park and let them use their imagination as they explore and run around.
- » Join tumbling or dance classes offered by the Y or recreation department in your town.
- » Team up with other parents who have preschoolers and arrange for play dates.
- » Walk the family dog together.
- » Take your child outside and give them room to run and holler.



Keep your preschooler safe.

Preschoolers are very active and every day is an adventure. They need to be watched every moment because they haven't learned how to be safe. Make sure your child wears a helmet when riding a tricycle and do safety checks on the play equipment.

Make active time even more fun for your child.

- » Show your child it's good to be active by being active yourself. Children want to do what you do.
- » Find out what activities your child likes or would like to try and then help them do it.
- » Have your child show you the activities they do in school. Do them together as a family.
- » Do activities as a family. Go for walks, hike, ride bikes, rollerblade or roller-skate, play tag or play sports like basketball and volleyball.
- » Turn off the TV or allow only one hour of TV time each day.
- » Limit the amount of time your child spends e-mailing friends or playing games on the computer.
- » If it's safe, let your child walk or bike to school.
- » Get children to help with housework, walking the dog, washing the car, gardening or mowing the lawn.
- » Go to the family swim at the YMCA, health club or community pool.
- » Encourage your child to play sports and games with friends, like tag or dodgeball.



Make sure your child uses safety gear.

- » When biking, a child should always wear a helmet.
- » For some activities, like rollerblading or skateboarding, a child should wear elbow and knee pads.

All children, regardless of ability, should enjoy the benefits of being active.

- » If your child has a disability, there are still plenty of ways for them to be active. Check with your doctor or nurse for advice.

Here's where you can go for more ideas for fun activities, including adapted physical activity opportunities for kids with disabilities:

- » Check your local library, YMCA or local recreation department in your town.
- » Call your local school district and talk to your school's adapted physical education teachers.
- » Check the National Center for Physical Activity and Disability's Program Directory at **www.ncpad.org** for more adapted physical activity resources in your area.
- » Go to **www.mass.gov/MassInMotion** to find other ideas in your town.