

ACTIVITY IDEAS: TOOLS FOR PARENTS

It is fun to be active

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Build up to
1 hour of activity
per day if possible

Every little bit
adds up!

Cut out
and stick
on the
fridge



How can you help your child achieve their goals?

Talk to your child about:

1. What activities they enjoy?
2. When they can do them — set a day and time
3. Provide the environment to help them meet their goals — your support is important for success
4. Look for chances to notice and praise them when they are physically active

Increase your own physical activity

Children who are surrounded by others who are physically active are more likely to participate

What activities can you both do together?

- Go to the park
- Go to the pool
- Go to the gym
- Go bowling
- Go for a walk or jog
- Play an active game

Healthy ways to reward your child for meeting their goals:

- Time with you
- Play a card game
- Hang out with a friend
- Puzzles
- Active toys
- Crafts
- Music
- Books
- Imaginative play

Set & Track Activities

Day of the week	What will I do?	When will I do it?	How did it go?
EX: MONDAY	PLAY AT THE PARK	ON THE WAY HOME FROM SCHOOL	IT WAS FUN

NEED MORE INFORMATION? Speak to your healthcare team about how you can be active