

# ACTIVITY IDEAS: TOOLS FOR PARENTS

It is fun to be active

Created by Sheridan Collins, Pediatric Renal Dietitian, The Children's Hospital at Westmead, Australia

Build up to  
1 hour of activity  
per day if possible  
Every little bit  
adds up!



## 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