

5 Enjoyable Movement



Moving is how children learn about their bodies. Children are born wanting to move about. Through moving, playing and having fun, children learn that being active is enjoyable and not something they 'should' do to be healthy.

Being active helps everyone to feel happy and well. There are lots of fun ways that families can be active together. The three key steps to enjoyable movement are making the time and place to be active, being active together and avoiding pressure.

Provide time and opportunities

- Children love to be active
- Plan fun family activities and movement often. This could be inside your home, the backyard, neighbourhood or somewhere new.
- Kids enjoy playing all year round. They don't notice that it's cold, wet or hot. Help them dress appropriately - rain coat, gumboots, hat, sunscreen, and let them go.
- There is no need to entertain your child every minute of the day - help them learn to deal with boredom.
- Children will experiment and find activities that they enjoy and suit their skills and abilities.
- Set time limits on using TVs, computers, iPads and smart phones, and stick to them.
- Avoid putting a TV in children's bedrooms.
- Check that all of the opportunities you provide are safe and supervised.

Be active together

- Playing can be fun for adults too. Sing, dance, wrestle and play with your children.
- Allow children to use their imagination and take the lead when playing - there is no right way to play.
- Playing together allows adults to show important behaviours like sharing, taking turns, winning and losing, taking risks and trying new activities.

Avoid pressure

- Each child has different skills and abilities. Not every child will be a great athlete but they can all enjoy the experience of having a go or being in a team.
- Be positive and encourage children to move and play. Their skills will grow and develop in time.
- Let your child move the way they like and enjoy watching them play. You don't need to tell them what to do or how to do it better.
- All you need to say to your child is "I love watching you play".