

Simple Ways to Help Your Child be More Active

Free Physical Activities to Do With Your Child

Check out the closest wading pool or “splash pad” in your community, for your child to cool off. It is a great way to introduce them to water without their feet having to leave the ground. Take along a bucket or some toy plastic boats and they will play for hours.

Visit www.toronto.ca/parks/torontofun/index.htm to find a wading pool close to you.



Skill Development

Batting

- Make your child a bat by rolling a newspaper into a roll and taping it so it stays rolled. Use a soft foam or plastic ball. These can be purchased from a dollar store.
- Have your child stand, facing sideways, feet shoulder width apart. Holding the bat up, one hand sits on top of the other at one end of the bat.
- Throw the ball slowly to your child, making sure it is reachable once he/she swings the bat. Adjust your distance to your child and the speed of the ball according to your child's skill.
- Give your child a chance to both throw the ball and bat the ball. Once they are able to hit the ball, have them put the bat down and run around an object and back to their bat. See if they can do that in the time it takes for you to retrieve the ball.



Fun Physical Activity Games

Charades

When walking with your child, whether its to and from day-care, school, church or the store, talk with them about the different physical activities they enjoy. For each activity your child names (e.g., soccer, bike riding, swinging in the park), have them do an action that imitates that activity. Try to guess the activity your child is doing, and ask your child to guess some of your favourite activities too.