

Simple Ways to Help Your Child be More Active

This is the time of year to get outdoors for some fresh air.

You can go to the local park with your child, meet and play with others and help your child develop some basic activity skills. By developing skills now, such as running, jumping, catching, and balancing, your child will feel more confident about participating in sports and physical activities in the future.

Free Activities to Do with Your Child

Discovery Walks

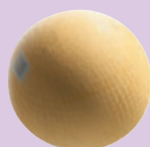
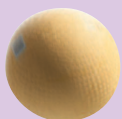
Explore your neighbourhood for trails, greenspaces and gardens. Take a walk with your family on one of the many city trails. They provide exercise as well as a nature experience for your child. Keep in mind your young child's walking ability and start off with a short distance as the goal. You can always go further the next time. Call 416-392-1111 for FREE "Discovery Walk" maps.



Skill Development

The skill of throwing a ball is often developed by first learning to roll a ball. Rolling a ball a certain distance as well as rolling a ball at a target enables children to participate confidently in games they will play as they get older.

- Sit opposite your child with your legs apart.
- Have your child roll a ball into the middle of the "v" shape made with your legs.
- Start to make the distance greater between your legs and your child's legs.
- Once your child is comfortable with this, ask him or her to roll a ball at a target (e.g. a garbage can or a chair).
- Your child can practice accuracy and distance.

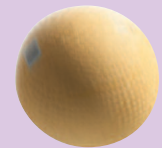


Fun Physical Activity Games

Equipment for active games does not need to be expensive. Buy these at a dollar store and take them with you to the park.

Continuous Ball Game

- Large or small rubber balls
- Plastic or foam bats
- Hoops



Use this equipment to play the game:

1. Set up the space.
2. Throw or roll (depending on ability) a ball to your child.
3. Your child holds a bat and hits at the ball.
4. When the ball is hit your child runs a short distance to a hoop and then back to their original place.
5. The parent chases after the ball and also returns to their original place.
6. The child tries to beat the parent back, so that they are ready for the next ball to be thrown to them.
7. Have fun!