

PHYSICAL ACTIVITY TIPS TO DO WITH YOUR CHILD



PHYSICAL ACTIVITY

for a healthy development

You are probably fully aware of the fact that your child needs exercise to stay in good health. Children who get adequate physical activity are more even-tempered, sleep better and have a healthier appetite. Play and physical activity boost their self-confidence and help them express their emotions and build relationships. Research has shown that children who engage in physical activity are more skilful and sustain fewer injuries. Regular physical activity is good for their bones, heart and body weight and promotes learning (e.g. during language acquisition).

Children need exercise

Children seldom sit still for very long, and you might think that that's enough physical activity. In point of fact, children's physical condition has deteriorated in recent years. This is largely inadvertent and mainly a result of our modern lifestyle: Our days are busy, we walk and cycle less, we sit for long periods, surrounding ourselves with screens (TVs, smartphones, etc.), and our environment is less suited to physical activity (parks that are far away, dangerous roads, neighbours who are sensitive to noise). But children have a natural urge to move, and even simple activities are beneficial.

How can you support your child?

The suggestions on the following pages are intended to help you support the development of your child's motor skills in day-to-day life. Use your – and your child's – imagination to supplement these ideas.



PHYSICAL ACTIVITY HELPS ME TO...



... discover things and become independent



... communicate using gestures

My parents can help me by:

- » providing me with a safe space to move around in freely
- » demonstrating a movement so I can copy it
- » giving me time to develop at my own pace
- » encouraging and supporting me when necessary



... learn how to crawl, stand and walk



... discover my ever-expanding surroundings



... learn how to control my posture and movements

A SAFE ENVIRONMENT



Crawling across the carpet

Place objects on the carpet out of reach of your child and encourage them to crawl over and grab them.

variation

Allow your child to explore the objects themselves while you supervise closely.

Creeping and crawling

Allow your child to discover new things outdoors with their bare feet and hands:

What does this feel like? What about that?



first steps...

Remove any unstable objects so your child can take their first steps by holding on to the furniture and guiding themselves across the room.

variation

Lie down on the floor so your child can crawl over or around you.

BAD-WEATHER ACTIVITIES

Boat ride

Rock your child on your lap and sing, "Row, row, row your boat gently down the stream. Merrily, merrily, merrily, merrily. Life is but a dream."

variation

Rock your child more gently or more rapidly. Change the rhythm of the song.



fun in the rain

Push your child through the rain in a covered buggy so they can listen to the patter of the rain drops.

variation

Allow your child to get out of the buggy, and take a few steps with them in the rain.

Racing car

Your child will enjoy pushing the laundry basket around if you put a cover on it or turn it upside down.

variation

Hold on to the laundry basket and let your child climb in. Once they are sitting down, they can pretend to be in a racing car.



CRUNCHED FOR TIME?

little chef

When you are cooking, your child wants to imitate you in their play kitchen or with their own cooking utensils (wooden spoon, plastic boxes, etc.).



Bath-time fun

Show your child how to make waves, blow soap bubbles and more in the bathtub.

variation

Give your child a plastic bottle or cup so they can fill it with water, pour the water into another cup and empty it out.

Nursery rhymes

Use the time spent changing nappies to sing or act out nursery rhymes to your child.

variation

Name body parts and let your child point to them (their own or yours).



CRUNCHED FOR SPACE?

Cardboard house

Turn a large cardboard box into a house that your child can snuggle up in.

variation

Play hide-and-seek all around your child's house.



Making music

Make home-made musical instruments: a plastic bottle filled with pebbles and sealed with adhesive tape turns into a rattle; a biscuit tin turns into a drum.

The Leaning Tower of Pisa

Let your child play with building blocks.

variation

Help your child build a castle or a tower that they can have fun toppling.



FURTHER INFORMATION

You can find informational material such as brochures, videos and more with additional suggestions, ideas for games and advice at www.paprica.ch (website in French only).



RECOMMENDATIONS



ENCOURAGE PHYSICAL ACTIVITY

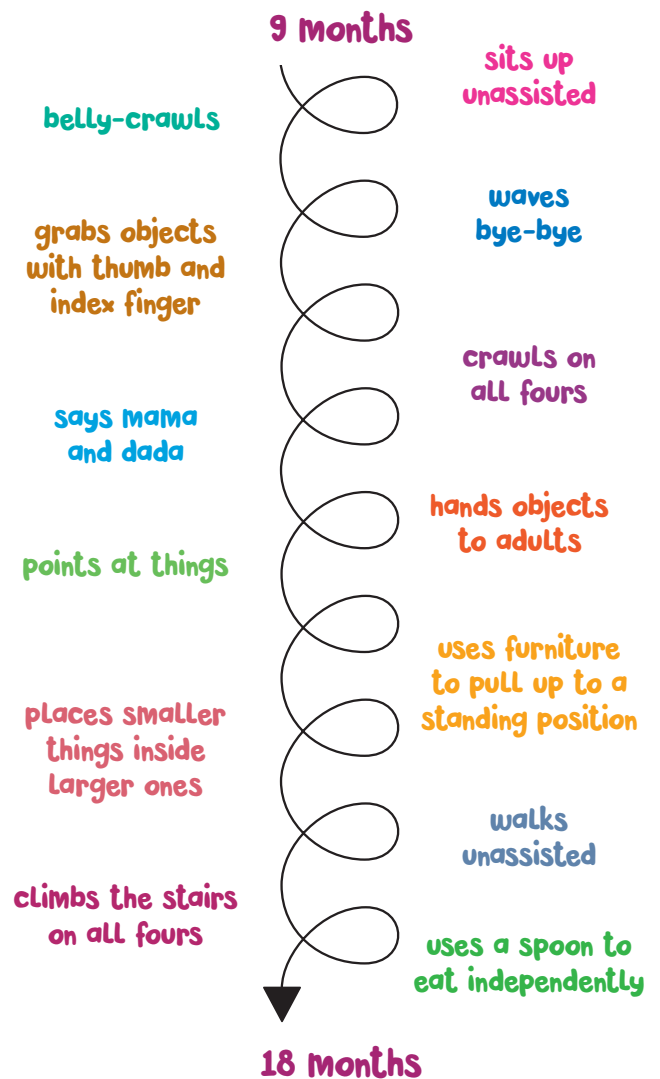
Very young children need to get at least 180 minutes of physical activity (playing outside, crawling, walking, etc.) of varying intensity every day. These activities can be spread out over the day. For more information: www.hepa.ch

LESS SITTING

Reduce to a minimum the time spent sitting down (avoid leaving a baby in a car seat or baby bouncer while they are awake). Screen time (TV, smartphone, computer, tablet, etc.) is not recommended for babies. For more information: www.jeunesetmedias.ch



DEVELOPMENTAL STAGES



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