

# Tips to help your kids get more active!

Many parents and caregivers found ways to get their kids active during the pandemic, but what can we do to keep up this momentum moving forward?

The **2022 ParticipACTION Report Card on Physical Activity for Children and Youth** contains a number of recommendations for parents and caregivers.



## Overall Physical Activity



Continue to promote physical activity early and often while identifying many ways to incorporate daily physical activity.



Be active as a family – this encourages physical activity, social support, connectedness and attachment, which are all important for mental health.

## Sedentary Behaviours



Involve all family members in creating a family media plan that includes setting limits around screen viewing, prioritizing screen-free family time, removing screens from children's bedrooms and having screen-free family meals.

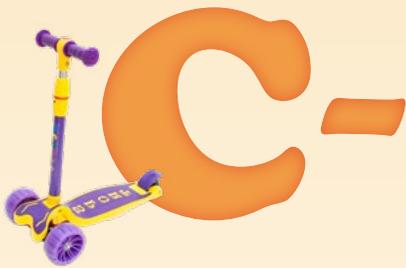


Be mindful of your own time spent on screens, as this may influence other family members' screen time behaviour.



Be present and engaged when using screens, and co-view when possible.

## Active Transportation



Consider letting your kids walk, wheel or cycle to destinations within a few kilometers of home.



Incorporate more opportunities for active transportation – walk, bike, wheel, skateboard, scooter or take transit to school, stores, parks and activities.



Allow your children to play and roam unsupervised while ensuring that their range is safe.

## Active Play



Support outdoor – and, when possible, nature-based – play opportunities since they are linked to increased physical activity levels and improved mental health outcomes.



Nurture frequent active play opportunities. Since children learn through play, this will not only support their development but will also keep them healthy.



**Read the [ParticipACTION Report Card on Physical Activity for Children and Youth](#) to learn more.**