



Using loving regulation to help children choose **physical activity**

DO

- Do get active! Children often copy their caregivers over time.
- Do give your time and support to help your children pursue healthy behaviors such as being more active.
- Do ask your children about how they might like to become more active and offer them choices if you can. Find out which sports or activities they want to join.
- Do view being active as a normal part of family life. Try simple things like walking instead of driving, walking the dog, taking the stairs, etc.
- Do make it fun to be active rather than a chore. Find games for children that involve spending time with each other.
- Do remain positive, even if your children do not want to be active yet. In the long run, it will help them want to take care of their bodies and get active.

DON'T

- Do not punish children or put them down if they refuse to be active. Be open to hearing their feelings.
- Do not allow your children to watch TV or play video games for more than two hours per day.
- Do not reward children for being active, and do not restrict being active as a way to punish them.
- Do not force children to do something they do not enjoy. Find something else that they might like.
- Do not permit your children to sit around for hours at a time. If you cannot be home, arrange to have someone be active with your children inside or outside.
- Do not expect children to be active on their own without your help. Decide as a family on fun things you can do as a group (taking walks, going to the zoo, etc.).

Provide ways for your children to be active and be a role model by being active yourself. Over time, with your support, children will choose healthy ways of taking care of themselves.