

Active Parent Education Kit Summary

Parents play a key role in creating healthy environments for their children. In order to achieve this, many parents will need information and education on the benefits of physical activity and on the importance of positive and acceptable behaviours in sport and recreation.

Giving parents the tools to be good role models in the sport and recreation environment will build stronger, healthier, happier and safer communities.

The Active Parent Education Kit provides parents of Western Australia with resources to optimise their child's sport and recreation experience. The kit aims to educate parents in a number of specific areas. Currently the nine sheets available for download include:

- Sheet 1 - Benefits of physical activity for your children
- Sheet 2 – Value of sport and recreation
- Sheet 3 – Active kids at different ages
- Sheet 4 – Preventing teen drop out
- Sheet 5 – Inclusion of children with disabilities
- Sheet 6 – Inclusion of children from CaLD and Indigenous backgrounds
- Sheet 7 – Parent role on game day
- Sheet 8 – Harassment-free sport and recreation
- Sheet 9 – Volunteering

The kit targets parents, schools, clubs, officials, coaches and any community groups that are seeking information about the parent's role in a sport or recreation environment.



To download the Active Parent Education Kit visit

www.dsr.wa.gov.au/parents or for more information contact the Department of Sport and Recreation on 9492 9700.



Department of
Sport and Recreation

Sport and recreation builds stronger, healthier, happier and safer communities.

Active Parent Education Kit

Fact Sheet 9 - Volunteering

¹ Volunteers

Volunteers are important in sport, acting as coaches, officials and administrators. They work to benefit others, often putting back into sport after having been a participant.

The delivery of junior sport would not be possible without the continuing commitment of volunteers in all roles and levels of competition.

Volunteers have a responsibility to ensure that sport is conducted in a safe and fair manner. Volunteering is also a satisfying way for young people to extend their involvement in sport.

¹ Parents involved in sport

- Parents are a major influence on a child's initial involvement in sport. Their support is important, and their opinions and actions play a large part in determining:
 - Which sport/s their children will be involved in.
 - How much time will be devoted to it.
 - Whether their children continue their sport participation.



Many parents appreciate the benefits of junior sport and actively support it by taking on roles in administration, officiating and coaching as well as parental roles such as 'taxi-driver'.

Involvement is rewarding for parents, and it is important in keeping young people participating in organised sport. Apart from the central benefits of helping the children and community, volunteering provides parents with an opportunity to learn new skills, increase their self-esteem and confidence and gain an understanding of how different sports and activities operate.

² What young people can gain from volunteering

- Skill acquisition - job skills, communication skills, etc.
- Personal and professional development and training.
- Confidence.
- Experience - especially to be able to add to a CV.
- A written/verbal reference.
- Having fun.
- Meeting new people.
- Experiencing new challenges.
- Satisfaction from doing something to make a difference.
- The ability to explore different career or job opportunities in a voluntary capacity.

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Fact Sheet 9 - Volunteering

How you or your child can become a volunteer

Volunteers in sport and active recreation occupy many different positions. Becoming a volunteer can involve the following:

- Officials and Umpires
- Coaches and Team Managers
- Administration (finance and computing)
- Publicity, photography and media
- Ceremonies and functions
- Sports medicine, sports trainers and first aid
- Facility and grounds management
- Catering
- Registration and accreditation
- Fundraising

Volunteer positions are available across a wide range of sports and active recreation activities. To get involved in volunteering, follow one of the easy steps below:

- Contact your local club and offer your services.
- Contact a State Sporting Association or Recreation Peak Body that interests you.
- Have a look at www.govolunteer.com.au and apply online for any position that you or your children are interested in.
- Check out the 'Volunteers Exchange' on the Clubs Online section of the Department of Sport and Recreation website at www.dsr.wa.gov.au/clubsonline.

**Parent volunteers create a positive sporting experience for their child.
This contributes to ensuring the child's lifetime commitment to sport.**

Sources:

¹ Department of Sport and Recreation WA. (n.d.). *People Making it Happen - Junior Sport Framework*. Retrieved on the 13/11/09, from http://www.dsr.wa.gov.au/assets/files/Clubhouse/24_People_Making_it_Happen.pdf

² Volunteering Australia. (n.d.). *Young People Involved in Volunteering - Information Sheet*. Retrieved on the 13/11/09, from http://www.govolunteer.com.au/volunteer/content/indiv_youth.pdf



Active Parent Education Kit

Fact Sheet 8 - Harassment-free sport and recreation

“Every participant in sport, regardless of the role, has a right to be treated with respect, dignity and fairness, and to participate in an environment that is enjoyable and safe. Harassment, abuse and other forms of inappropriate behaviour in sport deny participants these rights.”¹

Things your child should know

² No-one should:

- Make you feel unsafe.
- Ask you to do things that you are not comfortable with.
- Verbally abuse you or anyone else.
- Make racist or sexist jokes or comments.
- Allow offensive pictures or graffiti to be visible.
- Look at or touch anyone in ways that make them feel uncomfortable.
- Make uninvited sexual comments that offend, intimidate or humiliate.
- Discriminate against or harass anyone else.



What to look out for as a parent

³ Be aware of possible danger signs.

- Be wary of a club where staff or volunteers:
 - Run private, closed training sessions on a regular basis, and operate independently of the club.
 - Spend time with your child beyond the training session and show favouritism.
 - Discourage parents from watching or becoming involved in training or other activities.
 - Practice rough play, sexual innuendo or humiliating punishments.
 - Allow inappropriate physical contact, excessive discipline and rough language.
 - Have poor communication with parents.
- Be concerned if one or more children drop out of their sport or recreation activities for no apparent reason.

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Fact Sheet 8 - Harassment-free sport and recreation

What to tell your child

³ Make sure your child is aware of personal safety:

- Talk to your child about keeping safe. Encourage them to tell you straight away if they feel uncomfortable or have worries about an adult's behaviour, whether during sport or recreation activities or any other situation.
- Tell your child that he or she always has the right to say 'no' if an adult is trying to persuade them to do something they feel is wrong, or which makes them feel frightened or uncomfortable, and that you will support them through this.
- Make sure your child understands their rights to privacy and respect for their body, in order to recognise what is acceptable touching by an adult and what is not.
- Develop an emergency plan for your child to follow in situations where they may be at risk of harm – for example, when going on overnight or away trips.

⁴ Your role as a parent / guardian

Some things you can do to help create a safer environment for your child:

- Ask your club if it is 'Working with Children Check' compliant.
- Ask your club to provide you with its policy on child protection/member protection.
- Maintain open lines of communication with your child to ensure that they are aware that they can talk to you about anything.
- Support the club in implementing its policy and practices relating to child protection/member protection.
- Be aware of your club's guidelines for coaches and officials regarding appropriate practices and adopt these practices yourself as a person involved in the club.
- Report any incident of child abuse to your club's child protection/member protection representative or another responsible member of the club.
- Adopt positive behaviours when involved with the sport and as a spectator.

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Fact Sheet 8 - Harassment-free sport and recreation

What to do if you see or hear something

³ Respond to your child's concerns:

- If your child tells you about abuse, discrimination or harassment, respond calmly and stay in control. Ask a few short questions about whether they are worried or distressed, such as: "Tell me what happened?", "Then what happened?" and avoid questions that have only a yes/no answer.
- Listen very carefully, and take what your child says seriously. Do not add to their distress.

If you think that you or your child has been abused, discriminated against or harassed, tell someone about it:

- A club official or contact officer
- Your State or national association
- Department of Sport and Recreation
- Equal Opportunity Commission
- Australian Sports Commission
- Child welfare agency



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Fact Sheet 8 - Harassment-free sport and recreation

External sources:

¹ Australian Sports Commission. (n.d.). Harassment and discrimination. Retrieved on the 13/11/09, from <http://www.ausport.gov.au/supporting/ethics/hfs>

² Play by the Rules. (n.d.). Fair and safe behaviour in sport and recreation. Retrieved on the 13/11/09, from http://pbtrcms.com/assets/docs/Fair_and_Safe_Behaviour/Brochures/wa_fair_and_safe_brochure.pdf

³ Play by the Rules. (n.d.). Your roles and responsibilities. Retrieved on the 13/11/09, from <http://www.playbytherules.net.au/got-an-issue/appropriate-boundaries/physical-contact-with-children/for-parents>

⁴ NSW Sport and Recreation. (n.d.). Child protection in sport and recreation. Retrieved on the 13/11/09, from http://www.dsr.nsw.gov.au/assets/pubs/wwcc/cp_parentguide.pdf



Active Parent Education Kit

Fact Sheet 7 - Parent role on game day

Parents play a valuable role in club and community sports. A parent should be the number one fan of their child's team and cheer for all team members. This helps to encourage good sporting attitude in your child. Occasionally, however, some parents become over emotional, verbally abusive and sometimes even physically aggressive. It's important that the inappropriate actions of a few parents don't ruin the sporting experience for everyone else.

¹ The term 'Angry Parent' refers to parents who:

- Sometimes use foul language and make threatening gestures and remarks directed at the coach, umpire or other team.
- Have a win at all costs mentality.
- Are likely to 'coach' and 'referee' from the sidelines and concentrate on faults and failings rather than successes.
- Diminish everyone's enjoyment of the game.

² Game day tips for parents

Behaviour towards coaches and officials ²

- Treat them with dignity and respect;
- Be positive and supportive of them;
- Acknowledge the things coaches and umpires do well;
- Be appropriate – if you disagree with a coach or an umpire, talk to them about it after the game; and
- Accept that everyone makes mistakes – coaches, umpires and children – they shouldn't be ridiculed for trying.

Before the game

- As a parent, you should leave the stress and tension of daily life behind when going to your child's sporting match. It's important to get off to a good start by being organised for game day, so everyone leaves the house calm and prepared.
- Help your child develop a healthy competitive attitude towards trying hard and having fun.
- Tell your child to, "Go for it, give it your best shot and have fun".



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Fact Sheet 7 - Parent role on game day

During the game

- Don't yell instructions at your child during the game.
- Cheer and acknowledge good play by both teams.
- Never criticise a mistake, only make motivational comments.
- Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same.
- Don't do anything in the heat of the moment that you will regret later. If you are frustrated take time to cool off – if necessary count to ten or to one hundred.
- Remember to have fun. Enjoy the experience of watching your child participate in sport.

After the game

- Thank the officials and the coach.
- Thank the other team for a good game.
- Congratulate your child and their team mates on their efforts.
- Compliment individual players on good plays they made during the game.
- Focus on the way your child played rather than on winning or losing.
- If your child is upset with losing, help them not to focus on the outcome.
- Children need to be recognised, not glorified. Encourage your child to mix with teammates before and after the game – don't set your child apart from the rest.
- Avoid criticising or correcting mistakes.



Sources:

¹ *Play by the Rules. (n.d.). Angry parents. Retrieved on the 13/11/09, from <http://www.playbytherules.net.au/got-an-issue/abuse/angry-parents>*

² *Play by the Rules. (n.d.). For parents. Retrieved on the 13/11/09, from <http://www.playbytherules.net.au/got-an-issue/abuse/angry-parents/for-parents>*

³ *Department of Sport and Recreation WA. (n.d.). Keep it fun. Retrieved on the 13/11/09, from <http://fulltext.ausport.gov.au/fulltext/2003/wa/keepitfun.pdf>*

Active Parent Education Kit

Fact Sheet 6 - Inclusion of children from Culturally and Linguistically Diverse (CaLD) and Indigenous backgrounds

Barriers facing CaLD and Indigenous young people

Culturally and Linguistically Diverse (CaLD) and Indigenous young people, particularly women, face additional barriers that make access to sport and recreation more difficult than for other young people in Australia. These barriers include things such as:

- Lack of familiarity with the structure of sporting clubs and associations.
- Language barriers.
- Lack of priority given to sport by parents.
- Lack of transport.
- Fear of racism or discrimination.
- Cost.
- Lack of culturally appropriate venues and facilities.
- Cultural/religious obligations.



How can parents in clubs make a difference?

- Provide a welcoming environment.
- Befriend new members.
- Offer support and advice.
- Be sensitive to diversity.
- Make a stand against discrimination or racial harassment.
- Offer help with transport.
- Share sports equipment.
- Help new members learn the rules.
- Be aware that people who speak English as their first language tend to speak quickly which may be difficult for a person learning English to comprehend. Try to speak clearly and avoid slang, but don't speak with a false accent, shout, or talk too slowly.



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Fact Sheet 6 - Inclusion of children from Culturally and Linguistically Diverse (CaLD) and Indigenous backgrounds

- Take time to develop relationships.
- Be open and honest. Don't be afraid to ask questions. It is fine to ask a person questions about where they have come from; how they like Australia; what sports they like playing etc.

Handy tips when working with CaLD and Indigenous groups

- Make it visual.
- Keep it simple.
- Walk in their shoes.
- Remember that there are many ways of communicating, so even if someone has limited English they can still join in.
- Make it fun!

If you know someone from a CaLD or Indigenous background who would like to get their child involved in a sporting club, go to the 'Multicultural' section of the Department of Sport and Recreation website (www.dsr.wa.gov.au) to find out how.

Source:

The Centre for Multicultural Youth Issues. (2005). Tip sheet for clubs. Retrieved on the 13/11/09, from http://www.cmy.net.au/Assets/334/1/SportTips_02_InclusiveClubs.pdf

Active Parent Education Kit

Fact Sheet 5 - Inclusion of children with disabilities

Young people, regardless of whether they have a disability or not, enjoy their sporting experiences in the same way. There are physical, mental and emotional benefits for children with disabilities who participate in physical activity. These include but are not limited to, promotion of fitness, increased self-esteem and a great confidence boost.

¹ Steps into physical activity

Becoming involved in sport and active recreation is sometimes just as easy as simply asking to play. As a parent of a child with a disability, explore with your child what might work for them. Ask questions such as:

- Do you want to play a team sport or individual sport?
- Would you prefer indoor or outdoor sports?
- Do you want to play socially or competitively?
- Do you want to play in a mainstream sport or a disability specific sport?
- Is there a specific benefit that you want to get from the physical activity (e.g. cardiovascular, strength/muscle endurance or flexibility)?



You could also think about who might assist with your child's integration into sport and active recreation e.g. coach, club members or disability local area coordinator.

² Communication tips for other parents (e.g. coaches or club members involved with children with disabilities)

- Try to speak to the child instead of their coach, friend or assistant. If the child is old enough, it should be assumed that they can speak for themselves. However, keep in mind that people with disabilities may have other means of communication e.g. sign language, gestures, eye movements or writing messages.
- Try to be at eye level with someone who is in a wheelchair by squatting or kneeling beside them. Avoid touching or leaning on their wheelchair as it is considered part of their personal space.
- People with vision impairments have differing degrees of vision; not all are totally blind. Ask the child how much they can see and stand in an appropriate position e.g. directly in front of them or to one side depending on their visual range.
- Communication is two-way. Provide the child with the opportunity to express what they require by being patient.
- Use positive body language, facial expressions and all communication skills i.e. visual and verbal.

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Fact Sheet 5 - Inclusion of children with disabilities

The attitudes of significant other people in the life of a child with a disability must be positive, supportive and dynamic. Their enthusiasm must also be contagious enough to boost the confidence of the child with a disability to 'give it a go'. When establishing a positive attitude towards participation, it is important to focus on what the child with a disability CAN do and work from there. All parents are instrumental in the inclusion process e.g. accepting, positive attitudes, role modelling.

***All parents are instrumental in the inclusion process
e.g. accepting, positive attitudes, role modelling.***

Sources:

¹ Canadian Paralympic Committee. (n.d.). *Can I play, too?*

Retrieved on the 13/11/09, from <http://www.paralympic.ca/app/wa/doc?docId=16>

² Australian Sports Commission. (2005). *Handout 43 Top tips for communicating effectively with people with disabilities*. Retrieved on the 13/11/09, from <https://www.clubsonline.com.au/console/customitem/attachments/ASC%20Handout%2043-communicating%20with%20disabled%20people.pdf>



Active Parent Education Kit

Fact Sheet 4 - Preventing teen drop out

The number of young people leaving sport as teenagers – especially girls, and particularly after completing school – is a concern.

1 Why do young people play sport?

- Have fun with their friends.
- For excitement and enjoyment.
- Experience challenge, achievement, and personal responsibility.
- Use and improve their skills.

2 Why do teens drop out?

- Time clash with other activities e.g. study, social or work commitments.
- The sport becomes boring.
- Over emphasis on winning by coaches or parents.
- Transport difficulties including costs.
- Teen experiences or witnesses bias or discrimination.
- Cost – membership fees and equipment can be expensive, especially for single income families.
- Don't get enough playing time.
- Cannot play with their friends because team selections and gradings may separate them.
- There is sometimes high praise for top performers but little acknowledgement and support for others.
- The coach is overly authoritarian and can push players too much, which can have a negative effect.
- Poor self-image (e.g. when wearing sporting uniforms or swimming costumes).



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Fact Sheet 4 - Preventing teen drop out

- Self conscious about participating in physical activity in front of the opposite sex.
- Peer pressure.
- Emphasis from peers on achieving or winning over participating for enjoyment and having fun with friends.
- Lack of knowledge of possible future sporting pathways and opportunities outside of school.

1 How to motivate teens to participate in sport

- Strategies for ongoing participation
 - Help your teen to balance the demands on their time to allow time for sport.
 - Encourage your teen to take on roles in administration, coaching, officiating etc.
- Strategies for motivations
 - Encourage your teen to get involved in social opportunities such as mixed competitions.
 - Encourage your teen to get involved in organising competitions and social activities.
 - Give your teen a chance to contribute to decision making in their sporting activities.
 - Encourage involvement by pointing out good role models.
 - Discuss with your teen what activities they would enjoy. If joining the local sporting club is not what they're interested in, suggest alternative options that may appeal to the age group, such as hip-hop classes.
 - Provide videos, DVDs or even Wii Fit which teach activities such as dance, aerobics or kickboxing. These can be undertaken with friends, other family members or alone.
 - Be a role model. Look at the benefits of physical activity as a family.

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Fact Sheet 4 - Preventing teen drop out

Is your child interested in trying a non-traditional sport?

- Ultimate Frisbee – www.waultimate.com
- Floorball – www.wafloorball.org
- Orienteering – www.wa.orienteering.asn.au
- Dance – www.dancesport.org.au
- Ice Skating – www.waisa.org
- Gaelic Football – www.gaawa.org.au
- Lacrosse – www.wala.com.au

If you would like to get your teen involved in joining a sporting club, check out the 'Clubs Online' section of the Department of Sport and Recreation website www.dsr.wa.gov.au and search the Find A Club database.



Active Parent Education Kit

Fact Sheet 4 - Preventing teen drop out

Sources:

¹ Department of Sport and Recreation WA. (n.d.). *Junior Sports Framework Long Term Involvement*. Retrieved on the 13/11/09, from http://www.dsr.wa.gov.au/assets/files/Clubhouse/19_Long_Term_Involvement.pdf

² Department of Sport and Recreation WA. (n.d.). *Youth Sports Good Practice Guide*. Retrieved on the 13/11/09, from http://www.dsr.wa.gov.au/assets/files/Clubhouse/18_Youth_Sport.pdf



Active Parent Education Kit

Fact Sheet 3 - Active kids at different ages

Physical activity is needed for children to reach their potential in growing strong and healthy muscle and in bone development. Sport and active recreation is an ideal way to build this necessary development as well as bringing psychological and social benefits to your child.



Development of children

Children grow and mature at different rates. This means that their developmental status may not match their chronological age. Activities should be organised so young people have positive experiences regardless of their developmental status.

Parents must focus on personal development and advancement for their child, rather than comparison with other children of the same age. The result will be more young people having a chance to realise their potential, and the opportunity for future success in sport. Above all, it will allow every child to enjoy their chosen sport or active recreation activity.

¹ Active kids at different ages

0–2 years: Encourage active play

- Let your toddler be active and play with them.
- Show praise and encourage activity.

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Fact Sheet 3 - Active kids at different ages

3–5 years: Teach basic movement skills

- Children are learning about their bodies and how to control them – provide play and movement games that include basic skills such as running, jumping and sliding.
- Make obstacle courses with your child indoors and outdoors using everyday objects such as cardboard boxes, pillows, laundry baskets, chairs, trees or the garden hose.
- Limit the time your child spends watching television.

6–8 years: Build on basic skills

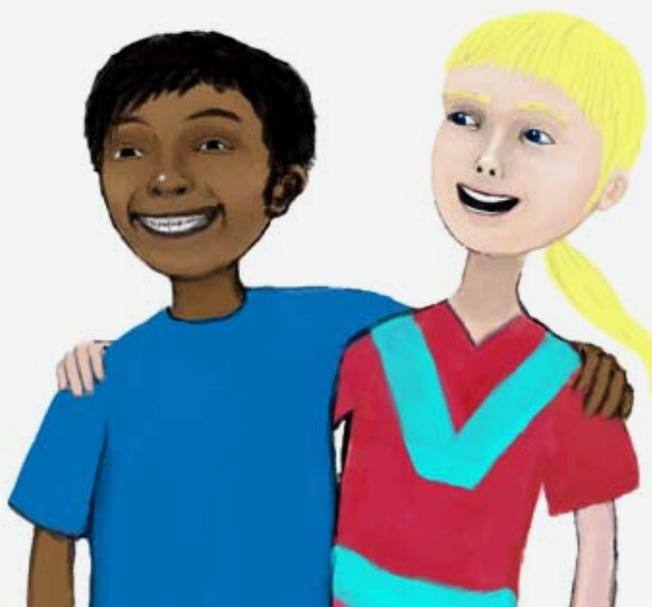
- Encourage the fun and enjoyment in being active.
- Give your child the opportunity to experiment and explore what they can and can't do and what they may need further development in.
- Allow your child to make mistakes and learn from them.
- Using appropriate equipment for your child's age and ability, teach ball skills e.g. throwing, catching, hitting and kicking using games.
- Encourage participation in organised sport.
- Whenever possible, use walking as a mode of transport.
- Limit the time your child spends watching television and using electronic devices.

9–12 years: Refine skills

- Encourage participation in a variety of sports (try not to let them specialise in one sport only).
- Discuss your child's interests and let them choose activities they enjoy the most.
- Help your child master more advanced skills like the over-arm throw, dribbling with the feet, catching using one hand, continuous bouncing using one hand and catching in a distracting environment.
- Encourage safe cycling and walking as transport.
- Limit the time your child spends watching television and using electronic devices.

13 – 16 years: Encourage participation

- Help your teenager find a balance between study, family obligations, time with friends and physical activity.
- Try a variety of other activities with your teenager such as bike riding, rollerblading or jogging.
- Encourage your teenager to continue activities they enjoy.



Active Parent Education Kit

Fact Sheet 3 - Active kids at different ages

- Encourage other involvement in sport e.g. volunteering with a club or becoming an umpire or coach.

¹ What you can do to get your children active?

- Help them understand and appreciate how the body works.
- Limit their time spent watching television and using computers.
- Keep it fun.
- Be active parents (positive role modelling).
- Help them to find activities they enjoy.
- Encourage them to join a sporting club. Search the Find A Club database at www.dsr.wa.gov.au/clubsonline.
- Walk them to school.
- When choosing presents, find things that encourage physical activity e.g. Frisbees, balls, kites and sporting equipment.
- Encourage family events that involve physical activity e.g. kite flying, frisbee and walking along the beach.
- Make activity part of a family lifestyle!

Active Parent Education Kit

Fact Sheet 3 - Active kids at different ages



Young people grow and mature at different rates. Understanding the implications of this can make sports participation more rewarding and safer for young people.

Source:

¹ NSW Department of Sport and Recreation. (2002). Active community guide - Active Kids. Retrieved on the 13/11/09, from dsr.nsw.gov.au/assets/pubs/active/active_kids.pdf

Active Parent Education Kit

Fact Sheet 2 - Value of sport and recreation

Sport and recreation is not about winning, it's about helping to build stronger, healthier, happier, and safer communities.

Sport and recreation

- Builds communities through social inclusion and a sense of connection.
- Helps bind families through shared experience and achievements.
- Helps address anti-social behaviour.

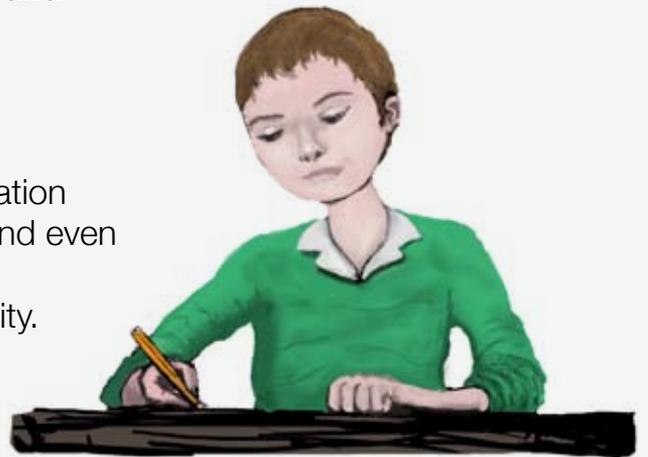


Social value

- Catalyst for community gatherings – people play, talk and share experiences.
- Social cohesion – positive impacts on physical and mental wellbeing.
- Creates new relationships among contrasting social groups – children are given opportunities to connect with the wider community.
- Prevents at-risk behaviour e.g. reduces boredom and apathy.

Educational value

- Children who engage in sport and/or active recreation often perform better academically, enjoy school and even complete their homework more frequently.
- Improves cognitive functioning and academic ability.
- Provides the chance to gain valuable life skills.



Health value

- Promotes better mental health (e.g. higher levels of self-esteem, motivation and self-worth).
- Cardiovascular disease prevention.

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Fact Sheet 2 - Value of sport and recreation

- Diabetes prevention and control.
- Primary prevention of some cancers.
- Injury prevention.

Family value

- Brings families together when parents act as role models.
- As parents you can help your children to enjoy and maintain an active lifestyle by:
- Being active with your children.
- Finding activities your children enjoy.
- Encouraging your children to join a sporting club. Search the Find A Club database at www.dsr.wa.gov.au/clubsonline.
- Start a Family Nature Club. To find out more visit www.natureplaywa.org.au.
- Planning active family events e.g. bushwalking or kite flying.
- Walking your children to and from school (if possible).

“Sport has the power to unite people in a way little else can. Sport can create hope. Breaks down racial barriers ... laughs in the face of discrimination ... speaks to people in a language they can understand.”

– Nelson Mandela

Source:

*Department of Sport and Recreation WA. (2009). More than winning.
Retrieved on the 13/11/09, from dsr.wa.gov.au/building-stronger-communities*



Active Parent Education Kit

Fact Sheet 1 - Benefits of physical activity for your children

What is Physical Activity?

Physical activity is defined as any form of exercise or movement and may include planned activity such as walking, running or other sports. It may also include daily activities such as household chores, gardening and walking the dog.

If your child is struggling to become physically active, as a family try some of the following simple exercises:

- Fly a kite in the park or at the beach.
- Dance to your favourite music.
- Play a family game of table tennis.
- Swim and splash about at the local pool.
- Throw a frisbee.
- Jump on a trampoline.



Did you know?

Australian recommendations for physical activity are for **at least 60 minutes** of moderate to vigorous exercise daily (children and adolescents). It is also recommended that Australian children and young people should not spend more than **two hours** each day using electronic media for entertainment (e.g. computer games, internet, TV), particularly in daylight hours. ¹

Physical activity provides the opportunity to be active, have fun, feel good, be healthy and express yourself.

Active children are happy and healthy and more likely to become active adults.

Did you know physical activity can help you maintain healthy skin?

After any amount of physical activity your skin gets a glow. Impurities and toxins are released via perspiration. Perspiration also helps to produce your natural skin moisturiser, sebum and enhances blood flow to the skin. This helps transport oxygen and other valuable nutrients, which maintain your skin and give you that healthy glow! ²

Active Parent Education Kit

Fact Sheet 1 - Benefits of physical activity for your children

Benefits for children

Emotional wellbeing	Helps children feel more confident, happy, relaxed, improve self-esteem and self concept, sense of belonging, ability to sleep better, self expression and the opportunity to achieve.
Health	Encourages healthy growth and development of children's bodies, including feeling more energetic, developing coordination and movement control and maintaining a healthy body weight.
Mental health	Improves concentration skills and ability to manage anxiety and stress.
Social skills	Develops skills such as cooperation and teamwork, and is a great way to have fun, meet new people and develop friendships and integration.
Learning and productivity	Active children are generally more motivated and better organised than children who are inactive. Physical activity has direct links to improved learning outcomes.
Positive school environment	Active students are generally less aggressive and experience fewer discipline problems.
Reduction in anti-social behaviour	Active children are less likely to smoke, use illicit drugs or be involved in criminal activity.

Here are a few tips to help keep your children active:

- Set a good example for your children by regularly participating in physical activity yourself.
- Restrict TV and other screen based activities to a minimum.
- Encourage acceptance of all body shapes and ability levels.

In looking after your body well, your body looks after you so that you can keep enjoying life and achieving your goals!

Sources:

¹ Australian Government Department of Health and Ageing. (2004). National children and youth physical activity recommendations. Retrieved on the 13/11/2009, from www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-active-recommend.htm

² QLD Department of Communities Sport and Recreation. (2009). Active teens. Retrieved on the 13/11/09, from <http://www.sportrec.qld.gov.au/Getactive/ActiveWomenandGirls/Activeteens.aspx>



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Sport and recreation builds stronger, healthier, happier and safer communities.