

ACTIVITY IDEAS: TOOLS FOR PARENTS

It is fun to be active

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Build up to
1 hour of activity
per day if possible

Every little bit adds up
and makes a difference
– Just make a start



How can you help your child achieve their goals?

Chat with your child about:

1. What activities they enjoy?
2. When exactly could they do it – set a definite day and time
3. Provide the environment to help them meet their goals - your support is the foundation for success
4. Look out for chances to notice and praise them while they are being physically active

Increase your own physical activity

Children who are surrounded by others interested in physical activity are more likely to participate

What activities can you both do together?

- Go to the park
- Go to the pool
- Go to the gym

Healthy ways to reward your child for meeting their goals:

- Time with you
- Playing a card game
- Meet up with a friend
- Active toys
- Imaginative play
- Music
- Books
- Puzzle
- Craft

Set & Track Activities

Day of the week	What will I do?	When will I do it?	How did I do?
EG. MONDAY	PLAY AT THE PARK	ON THE WAY HOME FROM SCHOOL	IT WAS FUN
What is your motivation to change? (score out of 10)			/ 10

NEED MORE INFORMATION? Speak to your medical team further about how you can be active