

FAMILY TIME

For families

Walk the talk - ditch the car

Walk instead of taking the car when travelling short distances. Look for ways to add adventure to these trips. Look at different houses; see who can spot a fruit tree and can identify what kind of fruit it is; or who can be the first to spot a red car. If children don't like walking, they can ride a bike or a scooter.

Reuse and get creative

Check out the recycling bin. Empty plastic milk cartons make excellent skittles for a game of indoor bowling. Large cardboard boxes can be used as part of an obstacle course. They also make great tunnels or hoops for a basketball game.

Bubbles for all ages

Blow bubbles and ask the children to catch as many as they can. Swap and see how many you can catch. It's guaranteed fun!

Copycat games

Young children love to follow. They especially like to follow you.

Get them to follow you around - walk around in a circle; walk in a straight line; walk on your tiptoes; try jumping, skipping and hopping.

Take a field trip

It doesn't have to cost a cent.

Playgrounds, swimming pools and sandy beaches provide stimulating environments for children to be active. Building sandcastles, moving in the water and active play encourage children to learn about their bodies and develop skills.



Don't let the rain slow you down

Look for opportunities to be active indoors. Games involving throwing soft balls or paired socks into washing baskets can be lots of fun for young children. Games such as Simon Says, Hide and Seek or Heads, Shoulders, Knees and Toes can keep children amused and active.



Balloon magic

Balloon keepy uppy - an inflated balloon can provide hours of entertainment. You can see how long your child can keep the balloon afloat or have a game of indoor volleyball.

Help out

Time to help.

Get the kids to help out around the house. Activities include gardening, folding the washing or vacuuming.



Just dance

Kids love to dance. Put some music on and watch them move. Why don't you join in too? Have a dance off.

Be a role model

Be who you want them to be.

Avoid sitting in front of the TV yourself. If children see you doing this all the time they will think this is OK. Get outside and be active with your children.



Health
Illawarra Shoalhaven
Local Health District