



Helpful tips for parents

Turn off the Screens	Increasing Activity
Be patient –your child will find something to do (keep a list of activities visible)	Go for family walks or hikes; don't forget some pets like to walk too! To explore local trails, please visit www.yorktourism.com
Select your screen activities. Log the time your child spends in front of a screen and work with your child to choose a few favourites	Share with your child some activities you enjoyed as a child
Set limits of time to be spent in front of a screen and goals for activity levels	Encourage kids to play outside with friends
Have kids earn screen time	Create chalk art outside
Make a list of things your family like to do other than watching TV / video games / or computer games	Enjoy activities offered at local Parks and Recreation Centres
Be positive. This is not a punishment but an opportunity for change	Have a family game night with active board games or charades
Be a good role model – be active yourself	Organize neighbourhood sports games like hockey, baseball, or tag
Include your kids in activities you participate in when possible	Support activities in which your child shows interest (coach a team)

Suggest your child may like to:

- * Rollerblade or skateboard
- * Ride a scooter or bike
- * Jump rope
- * Try to hoola hoop
- * Listen to music and dance
- * Fly a kite
- * Create their own obstacle course in the yard or in the house
- * Go bowling

Fun games are:

- * Hopscotch
- * Hide and seek
- * Catch
- * “Simon says”
- * Red light – green light
- * Tag (Flashlight tag at night)
- * Basketball
- * Baseball
- * Hockey
- * Tennis
- * Ping pong
- * Soccer
- * Golf or mini putt
- * Football
- * Charades

Refer to your York Region Physical Activity Council calendar at www.york.ca for a local summary of activities offered by the municipal Parks and Recreation departments.