



Children'sSM
Healthcare of Atlanta

The No-Stress Way to Family Physical Activity

Be active with the Ps and C

Maybe it's ditching carpool or the bus and walking to school every morning. Or parking the car farther back in the grocery store parking lot. Little things can add up to increase your family's healthy physical activity habits. Just like with eating, Strong4Life's Ps and Cs can help families do their part to make activity and play an important part of every day.

Parents' jobs—the 3 Ps

Plan time for family activity

- **Get it on the calendar** — Think about when you can fit activity into your family's daily and weekly schedules. Write it in pen and stick to it.
- **Brainstorm** — Plan fun activities that get the whole family involved. Soccer in the backyard? Frisbee in the park? A dance-off in the living room on a rainy day? Make it fun, and ask for your family's input so everyone has something to look forward to.

Prepare your family

- **Give notice** — Your chances of a successful outing increase if you give everyone a heads-up on your plans. Your family wants to know "what," "when" and "where."
- **Words matter** — Calling it "play" or "being active" sounds less like work than "exercise" and "workout."
- **Set screen-time limits** — And remove screens from the bedroom. More screen time means less active time and less quality sleep time.
- **Help them prepare** — Are your kids wearing proper shoes and clothes? Did you pack a ball for the playground? Is water available? Older kids can help prepare themselves.



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Provide support

- **Pick a spot** — Provide safe space for your child to be active.
- **Provide opportunities** — Encourage your child to experiment with new physical activities, like sports.
- **Be a role model** — Tell your child how much you enjoy your active time and invite them to join you.

Child's jobs—the 3 Cs

Choose to move

- **Lead, don't force** — Let your child decide whether he's ready to play along. Encourage activity, but don't force him to participate.

Choose how much to move

- **Let them decide** — It's normal for kids to want to move more one day than the next. Let them pick the activity level that best suits them today.

Choose the way to move

- **Kid's favorites** — Ask your child which activities he likes to do. What he picks should become an important part of the family's plan.
- **To each his own** — Each child has different natural abilities and skills, and that's OK! A child's physical abilities will improve as he grows.

Remember, *how* we approach physical activity with our children is just as important as *what* activities we provide.

Encourage them, have fun, play together, and your child is much more likely to learn to love being active and to choose to be Strong4Life.