

What are the benefits of promoting a physically active child?



Positive social skills

A physically active child:

- Learns cooperation and teamwork
- Has a greater sense of compassion and empathy



Emotional development

Higher emotional intelligence means that your child:

- Calms down more easily
- Is less anxious
- Has a greater sense of belonging and connection
- Has more self-worth



Skills development

Learning basic movements leads to new skills for sports and games. That builds confidence and self-esteem.



Physical development

A physically active child:

- Builds strong bones and muscles
- Develops good hand-eye coordination
- Has a good posture
- Develops increased flexibility



Injury prevention

Improving balance, stability, and flexibility reduce or prevent injuries.



Health

Active children have:

- Better sleeping patterns
- Less anxiety
- Improved concentration

What can you do?

Start with yourself

Become a role model for active and healthy living! Your child is watching and learning from you.

Encourage and respect your child's rate of development

Your child develops skills at their own pace as their brain and muscles grow.

Help your child find a physical activity that they enjoy

See handouts for activities and tips, from birth to 5 years old.

