

The key to staying active



– if you have a child of pre-school age!

Staying active throughout the day is good for children!
Encourage and make it easy for your child to keep moving
by creating challenging, exciting and secure environments
and tasks.

Exercising is
great!
Your child will...

...get
stronger
bones

...become
happier

...find it easier to
focus

...feel less
tired and have
more energy

...sleep
better

...have better
balance and body
control

...become
stronger





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TIPS TO GET STARTED!

- ✓ **Come up with fun games.** Run, jump, throw, catch, roll, balance, climb and dance until you're both rosy-cheeked and slightly out of breath!
- ✓ **Get more exercise every day.** Walk or cycle to preschool or whenever you're going somewhere that's not too far away.
- ✓ **Get active together.** Romp around and play along with your child. Go places. Do something the entire family thinks is fun!
- ✓ **Head outside.** Large outdoor spaces make your child exercise more. Go to a playground, the park or a forest. Explore the surrounding areas and experience nature – even when it's raining or snowing!
- ✓ **Put on weather-appropriate clothes** that are easy to move around in.
- ✓ **Babies need exercise too.** Encourage your child to move by playing with them as they're on the floor or on their tummy. Let your baby reach for things, roll and crawl around and explore the home!



DISCOVER ACTIVITIES!

Check out these websites or follow them on social media:

- vgregion.se/rorelseguiden
- generationpep.se
- svtplay.se/bolibompa-baby
- svtplay.se/alex-traning
- friluftsfamjandet.se
- para-me.se



This brochure is based on Region Västra Götaland's action plan to encourage physical activity among children and adolescents, in cooperation with Centrum för fysisk aktivitet in Gothenburg. You can order 'The key to staying active if you have a child of pre-school age' via adress.distributionscentrum@vgregion.se