7b Top 10 tips for parents to get their children active

As a parent/carer you have an important role in shaping an active and healthy lifestyle for your children. This will help them form healthy habits early on in life and reduce their risk of obesity and cancer later. Here are some tips and advice for encouraging activity and find our more at www.yst-talent.org.uk for talented children:

1 Set your children little activity challenges around the home; you will be amazed how it improves behaviour and happiness.

2 Try and introduce your child to a variety of clubs and sports to broaden their interest and engagement. It will improve their health and ensure they are more likely to be active as they get older.

3 Reduce the amount of time they spend on sedentary activities like watching television (no longer than an hour). Studies have found that the more time those children spend watching television, the greater their risk of being overweight.

4 Make physical activity part of your family's daily routine such as designating time for family walks or playing active games together.

5 Provide opportunities for children to be active by playing with them. Give them active toys and equipment, and take them to places where they can be active.

6 Keep activity fun – it shouldn't seem like a chore or punishment. For younger children, try fun games like tag or hide-and-seek. Try to associate activity with having fun from an early age.

7 Encourage children to try new activities and offer positive reinforcement for activities that your child tries. Different sports require different combinations of skills.

8 Ensure you provide positive reinforcement when they choose a healthy snack, ask to be active in and around the home and use physical activity as a reward.

9 Encourage ball games to develop their hand/eye co-ordination or running, balancing and jumping activities to develop their motor skills

10 Some exercise is better than none. Make sure you move a little every day and use the opportunity to walk to school if you can.