



ACTIVE KIDS are HAPPIER ADULTS

Dear Parent (s):

Please read the following as part of this months education as we continue to realize the goal of halting the rise in obesity and diabetes.

Thank you,

Nurse Erinn

As kids grow older, it can be scary to see the fun of your child's bike-riding and ball-kicking being replaced by video gaming, watching TV or spending time alone in their room. Use the following ideas to improve your child's confidence and have them engaging in physical activity with a positive attitude:

- **Set a good example.** Children at this age want to be independent but still have their eyes on their parents as they become more interested in how adults navigate their own world.
- **Praise, reward and encourage activity.** Share personal goals and describe exercise as a way to relax and take care of yourself rather than a chore or punishment.
 - **Limit screen time.** Small changes such as not eating dinner in front of the television and restricting electronic gadgets to less than 2 hours per day can have a big impact.
 - **Promote activity, not exercise.** Instead of a birthday gift, give the gift of activity, such as, skateboards, trampolines, scooters, roller blades, etc.
- **Focus on activity for family holidays.** Get the whole family involved in a game of cricket or a walk along the beach to increase activity levels.

OCTOBER 2015



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