



# Get active: Have fun and stay healthy!

Newsletter for parents of children attending kindergarten

By the Health Promotion & Prevention Team, Direction de santé publique

February 2020

## In Quebec, children are increasingly less active.

Passive activities like sitting in front of a screen (tablet, television, computer) and travelling by car, etc. is eating away at precious time available for physical activity.

Children should move as often as possible and engage in a variety of physical activities to grow healthy.

**Being active helps develop several skills and abilities in children:**



Playing outdoors is beneficial for your child. More time spent playing outdoors means more activity and more energy spent. Outside, your child develops self-sufficiency, encountering various environments and elements which stimulate the imagination.

**Free active play** lets a child decide what to do while engaged in a physical activity. This helps develop independence, creativity and communication skills. Let your child play with different objects and invent his or her own games.

Your child should also learn to manage **small risks** during play time like climbing on a chair and jumping down. It may be difficult for you to allow your child to take risks, however rest assured that this is an excellent way for your child to develop self-esteem and problem-solving skills.



Designed by brgfx / Freepik

