



**MOVE,
PLAY
AND GO**

Increase play everyday

Physical activity is important for your child’s health and development. Active play is the best type of physical activity for your child.

Tips to help your family be active everyday:

- Make indoor and outdoor play part of your child’s daily routine.
- Try simple, fun and free activities such as dancing to music at home.
- Plan active opportunities for the whole family on a weekly basis. For example visit a favourite or new playground or park.
- As a family, make a list of active play ideas to try when your child is bored or has been inactive for too long.
- Collect different play items such as a ball and a small bat to take on family outings.
- Encourage your child to help with household tasks and try to make tasks fun and challenging.
- Be a role model for your child by being active in your own life.

**Use these tips to encourage your
family to be active everyday!**

www.goforyourlife.vic.gov.au/kids