

Tips for parents fact sheet

Sometimes it's challenging trying to get enough activity in your day when you have a baby, toddler or children. Here are some helpful hints:

- Find out about local physical activity providers in your community that have child care or creche facilities - you'll be able to be active and have some "me time" while your children are being looked after.
- If you're in a mums group, arrange to meet for a group walk at a local park or walking track. If your kids get restless in the pram, then plan your walk along a route where there is a park with play equipment for them.
- In summer, meet at the local swimming pool so both mums and bubs can be active and cool off at the same time. Remember to be safe in the sun.
- Go to your local library and borrow a physical exercise video or DVD such as yoga or Pilates and do the exercises while your child is having an afternoon nap.
- If you take your kids to sports and wait for them to finish, while they are playing, bring your sneakers or sandals so you can do a quick walk. For example, do a circuit of the oval or sports centre while the kids are playing. Better still, encourage other adults on the sideline to join you.
- If you have older children, negotiate a time limit with them for stationary activities such as watching TV, videos or DVDs, surfing the Net for fun and playing computer games. Encourage your kids to be active with any additional free time they may have. Don't forget to set a good example by being active yourself!