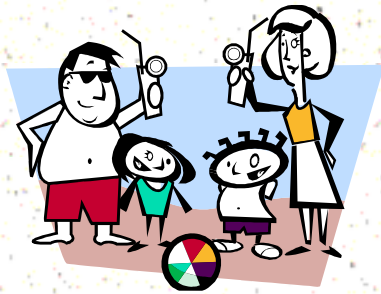


The Joys of Being Active With Your Little One...

When you share physical activity and fun with your toddler, you are also building strong bonds of trust and attachment. This is not only building a relationship between you and your toddler, but also with the father, siblings, grandparents and caregivers of the child. There is nothing like laughing and moving together to make people of all ages feel connected. By starting the habit early, you will be laying the foundation for a long tradition of enjoying physical activity as a family.



Outdoor Activities:

Being outdoors in the natural light and fresh air is good for your child's health. It gives your child a chance to become familiar with their environment. Playing in all kinds of weather offers lots of opportunities for mental and physical development.



Material in this booklet has been adapted from "Moving and Growing: Physical Activities for the First Two Years: Canadian Institute of Child Health & Canadian Child Care Federation"

FOR MORE INFORMATION...

Parent-Talk Information Line:
905-688-8248 or 1-888-505-6074,
x7555

www.regional.niagara.on.ca/parenting



Being active with
your toddler all year
round

Fun in the Winter...

Here are some suggestions for outdoor winter activities:



- ◆ Crawl on the snow with your child and play “catch me!” Then, switch roles and try to catch him/her. Give your child a big hug when you catch him/her.
- ◆ Imagine you are different animals crawling or walking on all fours on the snow. Flap your wings like a bird to warm up.
- ◆ Play in the snow — draw figures and slide down small hills with your child sitting between your legs. Hold his/her hand while climbing the hill.
- ◆ Go to a museum or library.
- ◆ Go for a walk.
- ◆ Put on some music and dance around the room.
- ◆ Imitate different animals with your toddler. Run like a gorilla. Walk like a spider. Hop like a bunny. Stretch like a cat. You can put this to music if you wish.

Fun in the Spring, Summer and Fall...



Here are some summer, spring and fall outdoor activities:

- ◆ Go to the playground or walk in a park.
- ◆ Have your child walk on uneven ground and go up and down small hills. Stay beside him/her and hold his/her hand when needed.
- ◆ Go to the Ontario Early Years Centres because they have a lot of equipment and resources you don't have at home.
- ◆ At the beach, play in the sand and water.
- ◆ Collect pine cones, leaves, flowers, shells, and rocks. Choose ones that are not too small to eat.
- ◆ Toddlers love to splash and use toys to explore floating, sinking and pouring. Most children enjoy going to a local pool.

For more active living ideas visit:
www.healthylivingniagara.com

Physical Activity and Healthy Eating:



Physical activity is just one piece of the healthy lifestyle puzzle. In order to play hard, children need fuel to keep them going. Nutritious foods can provide the fuel active children need. Remember these nutrition tips for active children:

- ◆ Provide regular meals and snacks.
- ◆ Children have high calorie needs and small stomachs therefore they need to eat often.

Provide water to quench thirst:

- ◆ Water is the best choice for thirsty toddlers.
- ◆ Toddlers do not need juice however if you choose to provide juice limit intake to 4-6 oz per day.
- ◆ Juice should be provided in a cup and should be 100% juice (stay away from “drinks”, “punches” and “ades”).
- ◆ Sports drinks are filled with sugar and are not recommended for young children.

PREVENT CHOKING!!!

Be sure children take a break from activity and sit while eating.