

How should you help your child grow?

The answer is simple :

have your child move around, in every way possible, as often as possible!



For more information

Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports
www.alliancesherbrookoise.ca

Visit:

www.participaction.com
www.mels.gouv.qc.ca/plaisrshiver

Books

DOYON, Louise (1992).
Préparez votre enfant à l'école
dès l'âge de 2 ans – 500 jeux
psychomoteurs pour les enfants
de 2 à 6 ans, Montréal:
Les Éditions de l'Homme.
(approximately \$ 22)
This book can be borrowed at your
municipal library.

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The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit alliancesherbrookoise.ca

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Exercising through playing, i'm in !



Alliance sherbrookoise pour des jeunes en santé

How much time does your child spend moving around each day?

Moving around is good for you!

Your child develops...

Their physical abilities :

- Developing strength, flexibility, and endurance;
- Developing coordination and balance;
- Learning their limits.

Their personality :

- Making friends and learning to share;
- Learning to be creative, inquisitive;
- Gaining self-confidence.

A healthy lifestyle :

- Burning energy, reducing stress, and sleeping better;
- Maintaining a healthy weight.



Did you know that, in Sherbrooke...

... half of children ages 5 and 6 don't exercise enough (at least 60 minutes per day) ?



There are many ways to get your child moving!

At home

- Set aside a safe play space.
- Give your child games that make them move: balls, tricycle, etc.
- Accept that they will make a mess.

In your neighbourhood

- Take advantage of public places: parks, arenas, pools, bike paths, etc.
- Sign up for activities: swimming, gymnastics, soccer, etc.

What about television ?

Screen time should be limited for young children :

- For children ages 2 to 5: maximum 2 hours per day.
- Children under age 2: Should be avoided as much as possible.

Bear in mind that having fun is more important than performance.

