

Joy in motion!

Through the Get Finland Moving programme, the government aims to get people of all ages to be more active. There are several solutions, one of which is 'We support the promotion of physical activity in families'.

Recent studies suggest that special attention should be given to leisure-time physical activity for children and families.

In this tool we have used the model for mini-Intervention to promote physical activity (Liikkumisen edistämisen mini-interventio -malli).

More ideas to increase everyday physical activity:

www.liikkuvaperhe.fi

www.liikkuvavarhaiskasvatus.fi



CAN WE TALK ABOUT PHYSICAL ACTIVITY?

TIPS FOR DISCUSSING PHYSICAL ACTIVITY WITH FAMILIES

Do you remember to listen, give positive feedback, and encourage?

Do you move around in your daily life?

Are you setting a good example yourself?

Do you spend time outdoors together?

Do you make use of the local environment?

SMALL CHANGES IN EVERYDAY LIFE ARE SIGNIFICANT!

TIPS FOR RAISING THE ISSUE OF PHYSICAL ACTIVITY WITH FAMILIES

Moving, being outdoors and doing things together with family, relatives and friends are choices that help children understand that physical activity is part of daily life. Regular active play in the neighbourhood is just the right kind of physical activity, and small shared moments including physical activity are important.

1 How do you move and exercise together in everyday life?

Children learn through activity. Through exploration, experimentation, trial, and error. A child's day should include at least three hours of varied physical activity.

- Encourage families to do ordinary things together: exercising, playing, being outdoors and going on excursions.
- It is good to have an open dialogue and to follow the child's physical development together.
- You can regularly discuss physical activity with the guardians and discuss how to better support the child's or the whole family's physical activity.
- It is important to create an open and supportive atmosphere.

2 What thoughts and emotions arise when you engage in physical activities together?

Listen and let the child have a say. By encouraging experimentation and sharing the joy of success, you will help your child develop a positive self-image.

- Guardians can be encouraged to let their child plan, decide, and choose things, like different small tasks, in a way that is appropriate for their age and developmental level.
- You can ask guardians for their views on the physical activity of their child or family. It is important to listen to their ideas and experiences.

3 If your family would like to increase daily exercise or other physical activity, what could it be?

The model for a physically active lifestyle is shaped already in early childhood. By moving and being outdoors with the family, children learn that physical activity is part of everyday life. Joint activities develop children's co-operation skills, and they learn to listen, respect, and respond positively towards others.

- Help identify and concretise opportunities for physical activity in the family. You can give tips on how families can be more active when going from one place to another, what skills a child can practise or what equipment could be tested.
- You can share play ideas, places to visit and recommend utilising local actors.