

Mini Messenger

HEALTHY
MESSAGES

FOR FAMILIES



CAN ACTIVE PLAY HELP YOUR CHILD IN THE CLASSROOM?

Evidence is growing to show a link between children's physical activity and their academic performance. Children who are physically active tend to do better in school. They have improved cognitive skills, for example memory and concentration, which in turn leads to improved classroom behaviour. Participation in physical activity also seems to improve social skills and how well children get along with others.

SO WHAT DOES PHYSICAL ACTIVITY LOOK LIKE FOR MY YOUNG CHILDREN?

For young children, being physically active doesn't mean going to the gym or playing sport. It depends on their age and their individual development.

For infants, the goal is to encourage movement from birth. Supervised floor play including time on their tummy is important to help infants build strength for crawling and later, walking.

Once children are up and walking, most of their physical activity will be in the form of active play, active transport and any organised sport-type activities they participate in, for example swimming lessons.

For more information and tips for your family visit the 'Children - keeping them active' page at www.betterhealth.vic.gov.au

**HOW MUCH WATER
SHOULD MY CHILD BE
DRINKING?**

**INDOOR
GARDENING FUN**

**ACADEMIC BENEFITS
OF ACTIVE PLAY**

HOW MUCH WATER SHOULD MY CHILD BE DRINKING?

Water is the best drink of choice for children and adults for many reasons- it keeps us hydrated, helps regulate body temperature and helps maintain bowel health. If we choose tap water, the fluoride also helps develop strong teeth. Encourage your children to drink water and plain milk (unflavoured) every day.

So how much fluid?

**TODDLERS
(1-2 YEARS)**



**PRESCHOOLERS
(3-5 YEARS)**



For more information and tips on encouraging your children to drink water visit the 'Choose Water as a Drink' page at www.healthykids.nsw.gov.au



SCREEN FREE
ACTIVITY

INDOOR GARDENING FUN

Using and decorating plastic bottles is a fun way to get children involved in gardening and makes use of bottles you would otherwise be recycling. Why not take a trip to your local nursery and give it a go?