Physical activity for the family

It’s awesome for the whole family to be active!

It’s a time to have fun, hang out together and it helps to keep everyone healthy.

Tips for families:

» It is important for young kids to have plenty of time for physical activity and less time around screens. Kids need around 3 hours of physical activity spread throughout the day.

» Let your kids walk with you rather than being pushed in a pram.

» Play in the backyard or at the park.

» Play ball games like touch, volleyball or cricket.

» Dance to music, teach your kids about their cultural dances, songs and games.

» Watch over your kids when they are playing and keep the area safe.

» Stay sun safe. Make sure your kids are wearing hats and sunscreen if they are outside.

» Make sure your kids have water to drink.
Tips for mum and dad after pregnancy:

» Talk to your doctor or midwife about when it is safe for mum to start being active again after labour
» Slowly get back into things. Try walking together for 15 minutes
» Physical activity is a good way to help deal with new changes when baby arrives.