

Moovy Groovy Fun

All Children love to move! Well, usually. Well actually , sometimes no. Some children don't love to move! You'll know it if you have a couch potato! An early attachment to the couch can be for a number of reasons.

Children with co-ordination difficulties may find active games tiring or too hard. They may be afraid of failure and avoid taking risks. Either way, the avoidance of these challenges, only keeps the problem going.

For some children, the lure of easy entertainment can mean a much more inactive lifestyle. The time traditionally spent moving with active games is easily replaced by a riveting television show or an exciting battle on a game console. As parents, the attraction for these games is high as well. When your child is happily engrossed for hours in an activity that is safe and indoors, why disrupt them?

Perhaps a reminder of all the benefits of being active will get us going!

- Active bodies burn more energy and are less likely to become overweight
- Active bodies sleep better
- Active bodies bust boredom
- Active bodies develop skills like balance, tone, stamina, strength
- Active bodies develop co-ordination and movement planning
- Active bodies are healthier and fitter
- Active bodies have an outlet for emotional energy and anxiety
- Active bodies learn better

Please see the suggested activities document for ideas about how you can get your child moving.