

Keeping active in early years

As an early years practitioner, you are in a prime position to encourage a healthy, active lifestyle in children from an early age and their families.

Here are our tops tips for encouraging a healthy, active lifestyle in early years:

- Provide resources and activities that interest the children to encourage them to be more active
- Organise events where children, parents and staff can be active together - e.g. going on a nature walk or sports day
- Be a good role model - children learn by watching others and love to 'join in'
- Give lots of praise and encouragement when children join in with physical activities - children love to please adults and respond very well to praise
- Share useful information about heart health and making healthy choices with parents to help them build a positive attitude towards being healthy as a family
- Be a good role model to children and families by keeping fit and healthy yourself
- Educate and advise parents/carers how to engage in regular physical activity for themselves and their children
- Promote the benefits of a healthy lifestyle in the daily curriculum and routine, through a wide range of activities, resources and experiences.

