Tips for Getting Kids Active Every Day

• Outdoor play is often active play! Encourage kids to play outdoors, use their imagination and practise their skills - try imaginary play, inventing their own games, practising basketball and jumping rope. It's also a great opportunity to play hopscotch, throw a Frisbee, skip, run or cycle with other family members or friends. Some kids are more motivated to play when a play buddy is around.

• Being active as a family is hard to do every day, but try to make time – perhaps on a weekly basis – to do something together. Go on bushwalks together; take a bat and ball or Frisbee outside. It is good for your activity levels as well!

• Video games are popular with kids. If they're bored and looking for something to do when stuck indoors, choose video games now available that are interactive and energetic - kids can get active by dancing, pretending to play tennis, running on the spot and jumping up and down.

• Give gifts that encourage kids to move and play - eg kites, balls, skipping ropes or portable music players.

• Kids can dance to music, play hide and seek or play imaginatively with items such as cardboard boxes, streamers and buckets and spades.

Our current skill for life is Imagination

Internet Safety Tips for Families

• Put the Internet enabled computer in a public area of the home, such as the living room, rather than a child’s bedroom.

• Talk to your children about their internet experiences – the good and the bad. Let them know it is OK to tell you if they come across something that worries them and that it does not mean that they are going to get into trouble.

• Teach your children the ways to deal with disturbing material – they should not respond if someone says something inappropriate and they should immediately exit any site if they feel uncomfortable or worried by it.

• Teach children that information on the Internet is not always reliable.

• Encourage children to treat others in the same way that they would in real life by giving them an understanding of ‘netiquette’.

• Know the best ways of avoiding spam and how to identify it when it first appears.

• Set some appropriate guidelines for Internet use and discuss them with the children in your care.

From NETALERT http://www.netalert.gov.au/