

**Parenting Tips**  
from  
**Community Parenting Service**  
6a Penrith Place  
BALGA WA 6061  
Phone: 9440 0011  
Opening times : Monday to Friday 12 PM to 4 PM

### **Physical Activity and Your Child**

Physical activity is important for your child's health and well being. Children that are active are more likely to:

- Feel good about themselves
- Be happy, relaxed and sleep better
- Have strong bones
- Maintain healthy growth and development
- Have improved heart-lung health and reduce the risk of developing heart disease
- Have improved physical skills such as coordination, balance, muscle control and strength
- Perform better at school
- Develop good social skills, for example obeying rules, getting along with others and making friends.
- Become active adults

Physical activity is any movement involving the large muscles of the body. Examples are walking, swimming, cycling and playing sport. Many children are active throughout the day through play, walking for transport and recreation - this includes walking to school, playing with the dog, kicking a ball and running around the playground at lunch. Other organised activities such as sports, dance, physical education and swimming lessons increase the health benefits of being active. Children can also be active doing everyday things such as walking to the bus stop, fidgeting and helping around the house.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.