

Physical Activity & Your Child

- Active play is an important part of your child's healthy growth and development.
- Physical activity helps children learn better, develop social skills, feel happier and more confident.
- You can support their healthy development by encouraging them to be physically active at home, at school, and in the community. Exposing them to a variety of different activities can help build their 'movement vocabulary' and set them on the path to an active, healthy life.

