

# Active Children

## 活力兒童



### PHYSICAL ACTIVITY – A FUN PART OF DAILY LIFE!

#### 體能活動 - 日常生活中的有趣部分!

Families who are active with their children every day will help their children develop healthy habits as they grow. Some of the benefits of daily activity during the first six years of life include:

- Developing healthy brain functions and brain connections which help your child with coordination, balance, and motor skills needed for playing, moving, and learning
- Building strong bones and muscles for greater flexibility and endurance
- Healthy emotional development
- Achieving a healthy body weight
- Better sleep habits and ability to handle stressful situations
- Meeting new friends
- Enjoying active play and the confidence to try new sports at school and in the community

每天都與子女進行體能活動的家庭，將可幫助子女在成長過程中養成健康的習慣。小孩子由出生至六歲期間如能每天舒展筋骨，將可獲益良多，包括：

- 發展健康的腦部功能以及腦部與身體各部分的聯繫，從而幫助你的孩子鍛煉協調、平衡及肌肉運動的能力，以便他們玩遊戲、走動和學習
- 建立強壯的骨骼和肌肉，以提高身體的靈活性和持久力
- 培養健康的情緒
- 保持健康的體重
- 養成更好的睡眠習慣及解決難題的能力
- 認識新朋友
- 享受體能活動，有信心在學校和社區嘗試新的運動項目

#### WITH YOUR BABY:

When babies are first born they develop physical connection and closeness with you as you participate with them in simple activities.

#### WHAT YOU CAN DO:

- Play face to face singing games like peek-a-boo where baby's hands, arms and legs are in rhythmic movement while holding your baby or placing them in a variety of positions (back, tummy, sitting). Rhythmic movements help create healthy connections in your baby's growing brain
- Watch your baby, do they want more or less or is it time to stop?
- Find opportunities for active play during daily routines such as bathing, feeding, diapering and playing
- Join a walking group, baby yoga or other exercise class as part of an active routine with a partner or friend

#### 與你的嬰兒一起:

- 如果你在嬰兒初生時與他們一起做簡單的活動，可與嬰兒建立身體聯繫和親密關係。

#### 你可以做什麼：

- 一邊抱著嬰兒或給他們仰臥、趴著或坐下，一邊與他們玩面對面的唱遊活動，例如躲貓貓，讓嬰兒的雙手、手臂和腿部有節奏地擺動。嬰兒有節奏地活動四肢，有助建立嬰兒發育中的腦部與身體各部分的健康聯繫
- 留意你的嬰兒，他們想玩多一些，少一些，還是想停止了？
- 在每天日常的活動中，例如洗澡、餵哺、換尿片和玩耍時，安排機會讓嬰兒玩體能活動的遊戲
- 與伴侶或朋友一起進行日常的體能活動，例如參加步行小組、嬰兒瑜伽或其他運動班

### HOW YOU CAN SUPPORT YOUR BABY'S GROSS MOTOR DEVELOPMENT:

- Make a play space for them to move and reach for toys
- Play with your baby on the floor
- Avoid having your baby spend too much time in cribs, carriers and swings when they are awake

### TODDLERS AND PRESCHOOLERS:

Young children are always moving! They love to run, jump, twist, reach, slide, turn and wriggle – not always at the most convenient times! Toddlers need at least 30 minutes of activity per day. Preschoolers need at least 60 minutes of physical activity per day. Your child will enjoy moderate activities such as walking, swimming, playing outside, skating, and bike riding and more vigorous activities such as running, climbing, dancing, etc.

### 如何幫助你的嬰兒發展大肌肉運動的能力:

- 安排一處讓他們可以走動和自行拿玩具的遊戲區
- 在地上與你的嬰兒玩耍
- 當嬰兒不是睡覺時，避免讓他們太長時間留在嬰兒牀、嬰兒籃和搖搖椅內

### 幼兒和學前兒童:

小朋友是坐立不定的!他們愛跑來跑去、跳高跳低、轉身、伸手拿東西、滑上滑落、翻身和扭來扭去 – 而且總是在最不方便的時候動個不停!幼兒每日需要至少30分鐘的活動時間,學前兒童則每天需要至少60分鐘的體力活動。你的子女會愛玩不大激烈的活動,例如步行、游泳、戶外遊戲、溜冰、騎單車,也會喜歡較激烈的活動,例如跑步、攀爬、跳舞等。

### ✓ TIP / 提示

Newborns are ready for Tummy Time!  
When awake, gently place your newborn on their tummy on the floor for a minute or two and gradually increase the time.

新生嬰兒已可開始「趴著的時間」!當你的新生嬰兒睡醒時,輕輕地讓他們趴在地板上,為時一至兩分鐘,然後慢慢加長時間。



### WHAT YOU CAN DO:

- Walk with your child instead of taking the car. Take the stairs instead of the elevator
- Give children simple instructions when they are learning new skills. For example, “put your hands together to catch the ball”
- Play games such as changing directions where you would walk, run, stop and turn around
- Encourage running in safe, open spaces. Children love tag and chasing games
- Enjoy the many places in Richmond where you can play outdoors with your children
- Check out the many places where you can enjoy active play indoors with your children on pages 106-111
- Continue active play after preschool or daycare
- Use your child’s interests to develop active play. If your child loves trains, make a game using train actions and songs

- Practice throws and catches with a soft ball or bean bag. Each day you practice throwing, catching, kicking and jumping your child’s skill will improve
- Play balancing games to create quiet times or when space is small. Practice standing on one foot. Draw lines with paint or chalk for the child to walk along. Stretch and make shapes in the air
- Practice hopping on each foot and then jumping off from both feet. Have your child bend at the knees when landing
- Introduce children to water activities
- Introduce your child to different riding toys-push car, tricycle, and eventually a small bike
- Be a positive role model. Enjoy family walks, hikes, and bike rides. Your child learns the value of life-long activity if you stay active too

### 你可以做什麼:

- 不坐車, 和你的小朋友一起步行; 不乘升降機, 改用樓梯
- 當小朋友學習新技能時, 向他們發出簡單的指示, 例如: 「把雙手放在一起接球」
- 玩一些需要步行、跑步、停止和轉身的遊戲, 例如轉方向遊戲
- 鼓勵他們在安全的戶外空間跑來跑去, 小孩子喜歡玩人捉人和追逐的遊戲!
- 好好享用列治文市內多處適合你和子女一起玩耍的戶外遊樂點
- 參閱第106-111頁適合你和子女一起進行室內體能活動的多個地點
- 幼兒班或托兒中心下課後, 繼續與子女進行體能活動
- 因應你子女的興趣來安排體能活動, 如果你的小朋友喜歡火車, 可以玩一個火車動作和歌曲的遊戲
- 練習投接墨球或豆袋的遊戲, 天天和子女練習投球、接球、踢球和跳躍, 他們的技術會愈來愈好
- 如果想安靜下來或地方不夠大, 可以玩平衡遊戲。練習一隻腳站立, 或用顏料或粉筆繪畫線條給小朋友沿線步行, 也可伸展身體, 在空氣中做不同的形狀
- 練習單腳跳, 然後雙腳一齊跳下, 提醒

他們落地時要彎膝

- 讓小孩子嘗試水上活動
- 讓子女試騎不同的玩具 - 推車、三輪車以至小型單車
- 以身作則做個好榜樣, 享受全家人一起步行、遠足和騎單車。如果你經常運動, 你的子女也學習到終生運動的重要性

### WHO TO ASK FOR HELP:

Every child develops physical skills at their own rate. If you have concerns about your child’s physical development contact:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant Development Program (604-279-7059)

### 向誰求助

小孩子的體能發展速度各有不同, 如果你擔心你子女的體能發展, 可聯絡:

- 你的家庭醫生
- 公共健康護士(604-233-3150)
- 幼兒發展服務計劃 (604-279-7059)

