



TOP TIPS!



Top Tips for Being Active (Toddlers)

1. Let them be free

When possible let your child walk with you rather than always using the buggy. Short walking spells will help your child get some physical exercise and develop leg muscles.

2. Allow them to help

Involve your toddler in helping you do household tasks, like unpacking the shopping, tidying toys/things away and sorting out the washing.

3. Fun and games

Teach your child songs with actions getting everyone to join in and have fun. Good action songs for moving around provides lots of physical exercise, some action songs are; "Ring of roses", "Here we go round the mulberry bush" and "Row, row, row your boat"

4. Muscle Development

Give your child toys they can pick up and move around. This will help improve their co-ordination and help develop different muscles in their body.

5. Out and About

Toddlers love going outdoors like playing in the garden or at the park. Time outdoors with lots of space allows them to run, climb, jump and have lots of active play.

6. Music Time

Turn up the radio and have a dance off. Dance around and have fun moving your bodies in different ways to different music.

7. Ball games

Play ball with your toddler, different ball games develop different movement skills. Toddlers enjoy throwing, kicking, catching and rolling.

8. Monkey around.

Playing active fun games with your toddler gets them to be physical and gets them to use their imagination. Getting them to move like animals can be fun e.g. walk like a penguin, hop like a frog or imitating other animals.

Toddler classes

Top Tip – Join your child in a local class to burn off some energy and get physical. Some classes are;

Tumble tots – Develops physical skills through using equipment and games

Dance class – Variety of different dance styles

Toddler sense – Takes you on a movement adventure focusing on mobility

Toddler football – Teaching early ball skills and developing physical skills

For more toddler classes available in the Glasgow area follow the link below:

<http://www.madeformums.com/school-and-family/10-of-the-best-toddler-classes-in-glasgow/16916.html>