



Summer Safety Tips

Clothing and footwear: hats and sunscreen are important to protect skin; sandals are great to cool off feet, but not for running – wear the right shoes for the right activity.

Active supervision: keep a close watch on children near water. Watch for heat exhaustion.

Rules and Instruction: make sure children know about the rules of a facility, such as a park or the zoo.

Environment and facilities: make sure children will have lots to do in each play place.

Safe equipment: check that toys and playgrounds are safe before play.

Did You Know?

If you need **information on subsidies for recreation programs** you can call 3-1-1

If you need **information on parks and activities in your area** you can call 2-1-1

If you need **help with transportation to recreation activities** you can call the Aspen Transportation Assistance Program at 403-219-3477



Centre for Child Well-Being
www.mtroyal.ca/wellbeing
Integrative Health Institute
www.mtroyal.ca/integrativehealth

Young Children and Physical Activity

Outdoor Summer Activities

Did your child get 60 minutes of physical activity today?



Activity Ideas

Explore new territory! Go to a different park or travel outside of the city for places to go for walks, hikes, and to discover more favourite areas to explore.

Plant a garden in the backyard or participate in a community garden!

Ready, Aim, Kick!

Line up cans or bottles and have children knock them down by kicking a small, soft ball.



Importance of Physical Activity – or Play!

Physical activity helps develop a child's motor skills – these are important for tasks like using scissors, carrying more than one thing, running to the bus, and tidying toys.

Children who are physically active often have good self control, meaning they think about their actions – which can lead to good behaviour.

Observation. Notice when a child begins to get better at an activity. You can try new activities that are more challenging; this will help a child's development. A great way to grow!

More Activities...

Go for a family bike ride – this is a great time to teach young children a fun way to be active for life!

Bubbles can be lots of fun! Make a homemade solution and find creative ways to blow bubbles:

½ cup of dish liquid

2 cups of water

2 tsp of sugar

Use pipe cleaners, straws, strainers, or anything you can think of to make bubbles. Have the children chase the bubbles and when you say "Pop!" have them jump in the air to pop as many as possible!