






# Parent - Child Activities are important and Parent - School Cooperation is needed

Dear Parents,

Do your children have enough physical activities? Physical activities can not only help enhance children's physiological, psychological and social development, but also help control their weight; therefore, these activities are very important to their development.

## Do More Parent-Child Activities

The Department of Health recommends children aged between two and six to accumulate at least 180 minutes of physical activities every day. Parents can do more parent-child activities outside school hours, in order to achieve the goal of accumulating at least 180 minutes of physical activities per day. There is a great variety of parent-child physical activities, including children's daily self-care activities (e.g. taking a bath and doing simple household chores), conducting physical games at home (e.g. throwing and catching small balls, and dancing) and doing exercises together with children (e.g. swimming and playing football).

By engaging more in parent-child activities, parents can not only help children accumulate the recommended daily activity levels, but also enhance parent-child relationships during the course of the activities and games. These activities are really multi-beneficial.

## Parent-School Cooperation

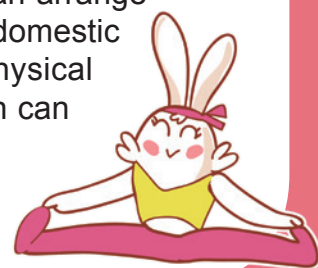
To achieve the goal of accumulating at least 180 minutes of physical activities every day, parent-school cooperation is of crucial importance as well. In fact, children can accumulate certain levels of physical activities during school time, including gross motor activities, physical activities in classrooms and queuing for hand-washing. According to the "Dietary and Physical Activity Survey of Pre-Primary Institution Students" released by the Department of Health in 2014, the average physical activity levels of students per day amongst the pre-primary institutions surveyed was:

### Average physical activity levels of students in pre-primary institutions per day

Whole day Students	Half day Students
120 minutes	73 minutes

Parents can keep close contact with their children's pre-primary institutions to learn about and make reference to the physical activity levels provided. Also, parents can arrange suitable parent-child activities for their children according to their specific domestic situations, so as to help their children achieve the goal of engaging in physical activities at least 180 minutes per day. In this way, both parents and children can enjoy the benefits derived from doing more physical activities.

Yours faithfully,  
**Sporty Bunny**



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衛生署  
Department of Health

# Circle the objects



Kids, please circle the objects for exercising.

