



Keeping children active during the pandemic

Being in lockdown has affected our children's daily activity levels.

During the Covid 19 pandemic our normal daily activity has been restricted while we have stayed at home.

Our children's minds and bodies need exercise and physical activity in order to be happy and healthy. Children with physical difficulties or disability may find they lose abilities or develop pain if they are inactive.

Getting children active everyday

How this is done will depend on your child's ability and preferences.

Please make sure you support and supervise your child closely while you work out activities your child will be able to do.

Please follow their physiotherapy programmes for the exercises they need most.

You can help your child:

1. Break up inactivity with little bursts of exercise or activity.
2. Adapt their daily learning or play to be more active. For example, include races to tidy up toys/tablets only used afterwards.
3. 'Warming' up and 'cooling' down with a dance or workout can be great for children before and after sitting to do home school activities.
4. Encourage children to help with jobs around your home or garden, or move around the house to fetch/find items needed/get the post.
5. Use outdoor spaces where it is safe and possible; the garden, front of house, street or parks.

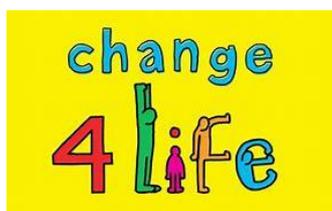


<https://www.haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces/z-park-facilities>

Please see some great activity ideas on the following websites, including for children with disabilities and varying ability levels:



<https://www.sportengland.org/jointhemovement>



<https://www.nhs.uk/change4life/activities>

Some more ideas:

Scavenger hunts – make a list of items to find, tick them off as they find them, they can race against the clock or against their siblings.

Treasure hunts – children can do this individually or as a team. Hide clues around the house that lead to the next and 'treasure' at the end. The treasure could simply be their favourite toy or a tablet that they earn time to play with after being active.

A sensory trail - you can stick paper footprints on the floor/ground like stepping stones they need to step on. Along the way add a spot they need to jump on, turn on, walk backwards, do star jumps, roll along, walk on all fours or bunny hop etc. The items in the trail will depend on your child's ability.

An obstacle course – with safety in mind use suitable objects and furniture to create an obstacle course that your child can walk around, step over, climb onto, jump off, crawl under or throw a soft toy into etc.

Family games – Take turns to act like an animal or a character from a TV show or book and the other members of the family guess what/who you are.



If you have questions or concerns about getting your child active please contact their physiotherapist for advice.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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