

Being Responsible and Moderation

We do not need to explain moderation to children, we need to teach it. The following are some methods in helping children trust their instincts as well as learn moderation.



Exercise

Parents should encourage participation in activities that promote **ENDURANCE, STRENGTH AND FLEXIBILITY**.

Endurance activities include: aerobic activities such as running, in-line skating, soccer, swimming, and bicycling.

Strength activities include gymnastics, dance, martial arts, rock climbing and (supervised) jungle gym activities [monkey bars, cargo net, chin-up bars, ropes course, zip-line etc.]

Flexibility activities include yoga, dance, swimming, track and field, gymnastics, and the martial arts.

According to the 2005 dietary guidelines from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), all children 2 years and older should get 60 minutes of moderate to vigorous exercise preferably every day of the week.

To make this easier, participate in family activities. Go to the park, play catch in the yard, take a walk together. Having a consistent time each day for physical activity helps make it a healthy habit.

Play

- Make sure children have time to “just play” during each day.
- Make creative activities and supplies accessible to your children (musical, artistic, etc.).
- Television and computers are excellent resources when parents are selective with programming and monitor the amount of time children spend watching TV or playing video games.
- Spending time outdoors at a park, or on a trail allows children to explore nature, get fresh air, and use their “outdoor voice” that is not appropriate elsewhere.
- Pay attention to your child’s need for a variety of “outlets” and offer those opportunities regularly.