

培养积极的生活习惯

作为父母，我们引导孩子从小就养成良好的生活习惯，例如刷牙，乘车时系安全带以及选择健康的食物。我们希望孩子对每天进行体育活动也会习以为常。如果您的孩子认为户外活动就是坐在家门口玩掌上电子游戏时，那您就该认真思考一下孩子正在形成的习惯了。

鼓励运动

您对孩子的期望会对他们产生很大的影响。鼓励孩子积极参加体育运动，无论他们是两岁还是十六岁，是男孩还是女孩，也无论他们是否有体育天赋，重要的是要让他们知道您希望他们热爱体育运动。

尊重个性

并非每个人都能学会高难技能，也并非每个人都喜欢参与团队运动，但每个人都能找到自己喜欢并且能够长期坚持进行的活动。包括有残疾的儿童也一样。请帮您的孩子找到适合他们能力和兴趣的活动。

表现出您对他们的赞赏

孩子得到大人正面的反馈的反馈就会进步，所以请尽量鼓励您的孩子进行体育运动。并帮他们认识到运动带来的良好感觉。他们不需要是跑得最快的或是能掷得最远的，重要的是他们付出的努力和取得的进步。不要介意运动带来的吵杂和动静，如果您受不了孩子在室内运动，那就确保他们有机会在室外或体育馆里活动。

积极参与

您的积极参与会给孩子的运动带来更多的乐趣。和您刚学步的孩子玩捉迷藏，和学龄前儿童玩抛接球游戏，和八岁的孩子一起遛狗，和您十几岁的孩子一起投篮。您可以全家一起参加一项体育活动，例如打保龄球或空手道。或者全家一起去爬山或者游泳度假。和孩子一起分享运动时的快乐时光，一方面可以向孩子表明您对运动的重视，另一方面也有利于加强家庭纽带关系。

给予方便

您不需要给孩子每天安排运动的课程。事实上，对于小孩子，自由自在的玩耍更适合他们的身心发展特征，不知不觉他们会在玩耍的过程中得到了身体的锻炼。但是年龄大一点的孩子就不一定能在学校里获得足

够的运动量，特别是乘车去学校的孩子。下面的这些建议可以帮孩子培养积极的运动习惯：

- **提供空间**– 在家里开辟出一块孩子可以尽情玩耍的安全的空间。常带孩子去附近的公园，滑冰场或游泳池。
- **挤出时间**– 预留一些自由自在玩耍的时间。限制看电视和玩游戏的时间。如果很难找到整段的空闲时间来运动，就每天找几个十分钟左右的运动时间。
- **提供器材**– 诸如球类，跳绳或飞盘等简单廉价的器材就能引起孩子对运动的兴趣。用箱子，呼啦圈和木板就可设置障碍让孩子参与各种运动。但不管是什么运动一定要提供必要的保护装备(例如自行车头盔，冰球护垫等等)。如果您不想花很多钱，那就选择象足球之类基本不需要器材的运动。
- **传授技巧**– 孩子小的时候，要给他们机会学习诸如跑，跳，爬，掷，骑自行车，游泳和溜冰等基本技巧。孩子大了以后，如果别人都会而他却不会，他可能就不好意思学了。

提供监护– 即使您不和孩子一起运动，也要确保他们的安全。可以和其它父母商量商量是否大家能轮流在公园里或上学路上监护孩子。

自己也保持活跃

言教不如身教。在给孩子们作榜样的同时，自己也多找机会积极运动，走楼梯不坐电梯，把车停在停车场最远端多走路，在电视播广告时做做地板运动，从电脑前站起来做伸展运动。当孩子看到您和朋友去散步，去上瑜伽课或相约去跳舞的时候就会明白成年人也喜欢做运动。

从运动中得到乐趣

大家都觉得做自己感兴趣的事就比较容易。如果一项运动不适合您，不妨再试试别的运动，您最终会找到适合您和您家庭的运动。同时您也建立起了令您终身受益的积极的生活方式。

由 *Betsy Mann* 著培养积极的生活习惯

Building Active Habits

As parents, we teach children healthy habits while they are young, habits like brushing their teeth, buckling up in the car and choosing healthy food. Daily physical activity is another habit that we want to become so automatic that children won't feel quite "right" unless they've done it. If your children think that going to play outdoors means taking their pocket video game out on the porch, it may be time to rethink the habits they're forming.

Expect activity

Your expectations send powerful messages. Welcome children's activity and let them know that you expect them to like to move, whether they are two or sixteen years old, girls or boys, talented at sports or not.

Honour individuality

Not everyone can develop a high level of skill. Not everyone wants to be part of a team. But everyone can find a physical activity they enjoy and can practise on a regular basis. That includes children with disabilities. Help your children discover activities that suit their abilities and interests.

Show your approval

Children thrive on positive feedback so give them lots of encouragement for being active. Help them notice how good they feel when they move their body. They don't have to run the fastest or throw the farthest; emphasize their effort and progress instead. Be accepting of the action and noise that comes with physical activity. If you can't allow it indoors, make sure that children get opportunities to run around outdoors or in a gym.

Get involved

Your involvement will make activities more fun for children. Play hide-and-seek with your toddler, throw the ball back and forth with your preschooler, walk the dog with your eight year old, shoot baskets with your teenager. You might decide to take up a sport, like bowling or karate, as a family. Or plan an active family vacation around hiking and swimming. By sharing these fun times with your children, you demonstrate the importance you put on activity at the same time that you strengthen family ties.

Make it easy to be active

You don't have to enroll your children in a course every day of the week to encourage activity. In fact, in the case of young children, free play is more in tune with

their stage of development and they will usually choose to move. However, you cannot count on your older children getting enough physical activity in school, especially if they take the bus or get a ride. Here are some ways you can help children build active habits:

- **Provide suitable space** - Make a safe space in your home where children can play actively. Go often to the park, local rink and swimming pool.
- **Make time** - Leave some time unscheduled so there's room for free, unstructured play. Limit screen time (television, computer, video games). If you can't find a long block of time for physical activity, look for a few ten-minute periods each day.
- **Provide equipment** - Simple, low-cost equipment—balls, skipping ropes, frisbees, etc.—will stimulate active play. An obstacle course, built with boxes, hoops and boards, can also get children moving in different ways. Make sure you supply the necessary protective gear (bike helmet, hockey pads, etc.) for whatever activity they are doing. If your budget is limited, choose a sport, like soccer, which requires minimal equipment.
- **Teach skills** - At a young age, give your children opportunities to learn and practise basic skills like running, jumping, climbing, throwing, catching, biking, swimming and skating. They might be too embarrassed to learn when they're older if everyone else already knows how.
- **Provide supervision** - When you're not doing the activity with your children, you want to be sure they are safe. Get together with other parents to see if you can take turns supervising at the park or walking to school.

Be active yourself

Your example speaks more loudly to children than your words. Show them your commitment to fitness by finding opportunities to be active: take the stairs instead of the elevator, park at the end of the parking lot and walk back, do floor exercises during TV commercials, get up and stretch at the computer. They'll understand that adults like to move too when they see you go for a walk with a friend, take a yoga class or make a date to go dancing.

Have fun

Everyone finds it easier to keep doing something when it's fun. If one activity doesn't work, try another till you find something that suits you and your family. You're building active habits that will last a lifetime.

by Betsy Mann