

培養好動的習慣

身為家長，我們在孩子們小的時候，就教導我們保持健康的習慣，像是刷牙、上車就戴上安全帶或選擇有益健康的食品。我們同時也想提倡每天運動的習慣，這種習慣應變成自動性，如果一天沒運動，孩子們會覺得〈渾身不對勁〉。如果您的孩子覺得到戶外玩就是把電動玩具拿到門廊去玩，那麼，這可能是重新對他們所養成的習慣做評估的時候。

活動期許

您的期許散發出強烈的訊息。鼓勵孩子的活動，不管他們是兩歲還是十六歲，女孩子還是男孩子，擅於運動還是不擅於運動，讓他們知道您贊成他們喜愛活動。

了解個人有不同的興趣與能力

不是每個人都可以培養出高等的技術。不是每個人都希望成為團體的一份子。但是，每個人都可以找到一種他們喜歡的運動，而且可以定期的做練習。那包括有殘障孩子們。幫助您的孩子們發現適合他們的能力與興趣的活動。

表現您的支持

對他們的活動給予許多支持與鼓勵，孩子們被讚美後會更加努力。幫助他們來發現運動能讓他們有這麼棒的感覺。他們不需要跑得最快或是投得最遠；相反的，應強調他們的努力與進展。接受他們的活動以及運動所帶來的吵雜聲。如果您不贊成室內的活動，應確定孩子們能有機會到室外或健身房跑步。

參與活動

對孩子們來說，您的參與會使活動更加有趣。和您正學習走路的幼兒玩躲迷藏、與您學齡前的孩子玩投球、陪您八歲的孩子蹣跚小狗、陪您正值青春期的孩子打籃球。您可能也想開始做一種運動，例如全家一起打保齡球或練習空手道。或是計畫全家去徒步旅行或游泳的假期。與您的孩子們分享這些有趣的時光，您不但表示出活動對您的重要性，而且您同時增進了家庭成員彼此間的感情。

使活動容易參與

您不需要為孩子報名參加一週每天都有活動的課程。事實上，對年輕的小孩子們來說，他們一般會

想要活動，自由活動更能符合他們現階段的發育成長。但是，您不能指望您年紀較長的孩子在學校能得到足夠的運動，尤其如果他們是搭校車或被接送。這裏是一些您能幫助孩子們培養好動習慣的方法：

- **給予適當的空間** – 在您家裏空出一個安全、孩子能活動的空間。經常去公園、當地溜冰場或游泳池活動。
- **抽出時間** – 保留空閒時間做自由、無限制的活動。限制在螢幕前的時間(電視、電腦、電動玩具)。如果您不能抽出長的空檔來做運動，於每天抽出一些約十分鐘間隔的時間來做運動。
- **給予器材** – 一些簡單、價格便宜的器材如：球、跳繩、飛盤等等。這會促進激烈的活動。一個有箱子、塑膠〈橡膠〉圈、平衡板的阻礙訓練，可讓孩子由不同方面運動。不論他們做什麼類型的活動，應確記給予他們必須的保護裝備如〈單車用頭盔、曲棍球用護墊等〉。如果您的預算有限，選擇一種運動，像是足球就不需太多的裝備。
- **指導技巧** – 在孩子們還小時，給他們機會學習與練習基本的技巧如跑步、跳躍、攀登、投擲、接取、騎單車、游泳及溜冰。如果等孩子們長大才發現只有他們還不會，到時候可能會感到難堪。
- **給予監督** – 當您沒有參與孩子的活動時，您想確定他們是平安的。聚集其它家長看有沒有可能在公園或在去學校路上輪流監督。

保持您本身好動的習慣

您親身的做法對孩子的意義勝過您的千言萬語。找機會運動，向他們表現您對健身方面的承諾，例如：爬樓梯而不搭電梯、把車停在停車場的盡頭再以步行的方式走回來、電視廣告時，做一些地板運動、在電腦工作前，起身做一些伸展的動作。當他們看見您與朋友一起去散步、參加瑜珈課程或與朋友相約去跳舞，他們會了解大人也喜歡做一些活動。

盡情享受

當做某些有趣的活動，即使是慣例，每個人都覺得這樣會比較容易。如果某些活動不合適，嘗試另外一些不同的，直到您找到適合您與家人的活動。您將發展出能受用一生的運動嗜好。

Betsy Mann著作

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