

# Areas of Learning

## Physical – Supporting parents.



Parental support is vital to help young children make the most of being active, all day and every day. There has been considerable concern over the last few years about an increase in children's sedentary behaviour and a reduction in their physical activity. It is, therefore, essential that providers are working closely with parents to ensure that they are able to help their child be more active.

“Parents and carers involvement is crucial in making sure their child's early experiences of physical activity are positive. It's important that parents encourage their child's participation as much as possible when they're not in your care. Some parents and carers may need more encouragement to get involved, and you may need to ask them about their own experiences to understand their attitudes to physical activity”.

British Heart Foundation

## Task 1

Within your team reflect on your own practice and discuss how your setting promotes the importance of physical activity to parents. How do you ensure parents are:

- aware of the importance of physical activity for their children – and themselves?
- able to support their child to be physically active?
- aware of activities they can do with their children?

The EYFS outlines what adults must do to support children's physical development. Do you share this information with parents? If so, how?

Below is a list of suggestions to consider using when communicating and promoting the importance of physical activity to parents:

- invite parents in for individual parents' meetings with a focus on physical development - what do they enjoy/dislike during physical activities.
- Provide a newsletter, sign posting to local sporting events, community events, clubs, and key messages that promote physical activity.
- Share and promote physical activities on your settings website, by email, texting or on social media.
- Distribute leaflets and booklets that promote keeping healthy and being active
- Hold regular sporting events and workshops, encouraging parents to take part with their child.

For further advice and guidance on how to support parents click on:

[Booklet 7 Getting parents and carers involved.pdf \(soscn.org\)](#)

Additional links you may find useful:

[What to expect in the Early Years Foundation Stage \(EYFS\): a guide for parents \(haringey.gov.uk\)](https://www.haringey.gov.uk/parents/early-years/what-to-expect-in-the-early-years-foundation-stage-eyfs-a-guide-for-parents)

[Parents' Guide to How Playing Outside Helps Development - YouTube](#)

[Parent's Guide - Early learning: Forest School | Nursery World](#)

[Parent Guide to Physical Development in Early Years | Family](#)

[Developing Children's Physical Skills a focus on parents - YouTube](#)

[Let's move more | For You | Health for Under 5s](#)

[Family Information | Individual challenge cards \(leicester.gov.uk\)](#)

<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>