

Health Tips



Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

TIPS FOR BUSY FAMILIES

In our fast-paced society, there is a constant need to be a well-rounded person. For some families, children may be driving the schedule because they feel the need to keep up with their peers. In others, some parents may feel it's more productive to keep children constantly occupied rather than leave free time for playing, exploring, and learning on their own. Even when intentions are good, though, kids can easily become overscheduled. Use the tips below to help set reasonable limits on extracurricular activities and make them more enjoyable for all.

AGREE ON GROUND RULES AHEAD OF TIME: For instance, let children choose one sport per season or limit activities to two afternoons or evenings during the school week.

KNOW HOW MUCH TIME IS REQUIRED AND SET PRIORITIES: For example, will there be enough time to practice between lessons? Does your child realize that soccer practice is twice a week, right after school until dinnertime? If kids have a hard time keeping up academically, they may need to drop an activity.

STAY ORGANIZED WITH A CALENDAR: Display it on the refrigerator so that everybody can stay up-to-date. Be sure to leave room for free time.

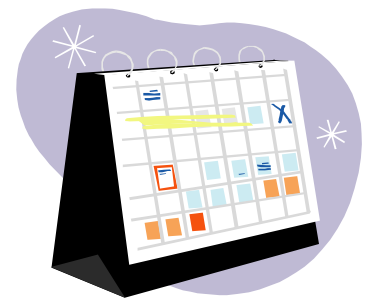
MAKE TIME FOR FAMILY: If you're eating on the run every night, plan a few dinners when everyone can eat together — even if it means eating a little later. Schedule family fun time: play a board game, go on bike ride or hike.

KNOW WHEN TO SAY NO: If your child is already doing a lot but *really* wants to take on another activity, discuss what other activity or activities need to be dropped to make room for the new one.

DOWNTIME IS IMPORTANT: Everyone needs a chance to relax, either by themselves or with friends.

Source: KidsHealth. (2009).

Retrieved from http://kidshealth.org/parent/emotions/feelings/child_too_busy.html?tracking=P_RelatedArticle#



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