

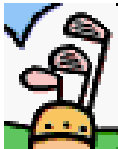
How Can You Help Girls Get and Stay Active?

How Parents Can Encourage Girls To Be Active



Photograph your child being active

- Enlarge the photo
- Frame it
- Be proud of it!



Actively support your daughter's involvement in physical activity

- Buy her good equipment - not her brother's hand-me-downs
- Go and watch her games
- Consider volunteering
- Drive her to and from practices
- Make sure your daughter has time in her life to be active - don't make your daughter sacrifice her involvement in sport so she can baby-sit or do housework



Take your daughter to the park and be active with her

- Help her to learn the fundamental skills of running, throwing, catching, and kicking
- Run and walk with her in the park



Be an active role model yourself

- Mom's participation in physical activity increased participation rates of her child by 22%
- Dad's participation in physical activity increased participation rates of his child by 11%



Emphasize fun and fitness rather than competition and slimming attributes

- Encourage your daughter to try a variety of new activities, and help her acquire the skills and equipment she needs to participate.
- Encourage your daughter to try new, non-traditional activities such as rock climbing or yoga.
- Avoid comments about your daughter's body size and shape.
- Love and support her just the way she is.
- Don't undermine her confidence and take the joy out of playing by telling her "she throws like a girl". Help her to learn the skills she needs to enjoy sports and other physical activities.



Introduce your daughter to active women

- Your daughter needs to be exposed to women who are athletes, coaches, officials and leaders in physical activities.
- Buy women leaders in sport, recreation, fitness, and physical activity.



Watch women's active events on TV with your daughter

- Take your daughter to women's sport competitions, dance recitals, and active demonstrations in your community.
- Read the sports pages with her and follow the performances of Canada's great athletes such as Silken Laumann, Kate Pace, Angela Chalmers, Myriam Bedard, Ljiljana Ljubisic, and Alison Sydor.



Plan Active Vacations or Weekend Excursions

- Try hiking, cross-country skiing, rafting

Check out CAAWS's new web site:



<http://www.caaws.ca/girlsatplay/index.htm>



www.activehalifax.ca/girls/