



Parents' Symposium 2018

How to engage your children in sports



Saturday, 27th January 2018

Alarming Fact!

Mobile devices are everywhere and children are using them more frequently at a young age.



Early research warns that heavy tablet or smartphone usage:

- Detrimental to “internal mechanisms of self-regulation”
- May decrease a child's development of language and could interfere with development of empathy, social and problem-solving skills.
- May replace the hands-on activities important for the development of sensorimotor and visual-motor skills, which are important for the learning and application of math and science.



Recommendations

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- Parents to increase “direct human to human interaction” with their children.
- More “unplugged” family interaction
- Young children may benefit from a “designated family hour” of quality time spent with relatives – without any television and mobile devices being involved.

Engaging in Sports or Physical Activity together is a great form of family interaction and quality time spent!

- Evidence suggests that increasing physical activity and physical fitness may improve academic performance.
- Single sessions of and long-term participation in physical activity improve cognitive performance and brain health.
- Children who participate in vigorous- or moderate-intensity physical activity benefit the most.

- Regular exercise can help children strengthen bones and muscles, get a sound sleep and reduce the risk of obesity and health problems such as Type 2 diabetes.
- Participating in sports can also boost self-esteem and improve social skills.

“The fact is, children who play sports from a young age are more likely to grow up to be **healthy** and **well-adjusted adults** who can make more meaningful contributions at work and in society in general.”

How to Engage your Children in Sports/Physical Activity?



Tip 1: Help Him Master the Basics

- Young children need to learn **fundamental motor skills**, and getting those motions correct is critical for excelling at sports later.

Getting your child outside for at **least 60 minutes** of physical activity a day will give him time to master the basics.

- Some activities can be adult-led, but **unstructured play**, where he calls the shots, is equally important.
- Keep your child excited about exercise by **changing activities and thinking out of the box**.

Tip 2: Exposure to a variety of Sports

- Expose your child to a variety of sports and games. Help your child choose a sport or a few sports that suit his age, tastes and physical ability.
- Select a sport that is also affordable and convenient.
- Do provide the necessary equipment and materials to ensure your child can participate in the sport successfully and safely.

Tip 3: Schedule a Time for Play!

- Every child should be encouraged to participate in **at least 60 minutes** of physical activity each day.
- **Schedule** an hour of play each day for your child and try to make it a **routine** for him. Be committed and try to **join your child** during his “Play Time” on a **regular basis**.
- On days that you are busy, you can arrange for your neighbours, friends' kids or even their cousins to play together with your child.

Tip 4: Role-Model

- As parents, we are important teachers and **role models** to our child, and the atmosphere we create determines whether his sport experience is **negative or positive**.
- Parents should play an **important role** in their children's sports' experiences. They can **introduce** their children to a sport by playing with them.
- Sport provides an important opportunity to teach **vital life skills** to our children.

Tip 5: Show Your Support

- Show your support by volunteering to drive your child to sports lessons, practices and games.
- Help your child learn the **basic rules** and **skills** of a sport he is interested in.
- Do not force your child to participate in a sport of your choice.
- Teach your child about **good sportsmanship** and the **positive aspects** of the experience.
- Support your child when he **doesn't win a game** or succeed at a sport.

"Loving a sport will teach children vital life skills -- discipline, motivation, commitment, and cooperation,"



Laurie Zelinger, Ph.D., a clinical child psychologist in Cedarhurst, New York.

Resources:

<https://www.myactivesg.com/>

A Sport Singapore portal with sports news, events calendar as well as facilities and coaches directory for everyone to watch and play sports!

<https://www.onepa.sg/>

PA manages 108 Community Clubs (CCs) across Singapore. Visit your nearest CC to attend courses, book CC facilities, or join an Interest Group.

50 Fun & Free Things To Do In Singapore - TheSmartLocal

<http://thesmartlocal.com/read/free-things-to-do>

Gardens, Parks and Nature

<https://www.nparks.gov.sg/gardens-parks-and-nature/parks-and-nature-reserves/sisters-islands-marine-park>

Things to do in Singapore with kids: 27 fun activities for the entire family

<http://thehoneycombers.com/singapore/things-to-do-with-kids-family-fun/>

Trails – Embark on a trail today and discover heritage places around you.

<https://roots.sg/visit/trails>

Active Family – Health Promotion Board

<https://www.healthhub.sg/programmes/109/active-family>

Parent and child workout

https://www.youtube.com/results?search_query=parent+and+child+workout