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HEHA for HEALTH



Emmeline Haymes is a nutritionist from Regional Public Health at HVDHB who is writing a regular column for Capital & Coast District Health Board on nutrition and physical activity

Dear Emmeline

My daughter tends to blob out in front of TV after school and I'd much rather she was active and outside. What is your advice on how to handle this?

I have consulted Jemma Diedrichs, Active Families Coordinator at Sport Wellington Region, who assisted with answering this question.

As the SPARC's Push Play Parents campaign states, "Kids are born to move. To move they need you" and the best way for her to be more active is to see you being active.

Physical activity should be enjoyable, so start with what she likes doing. Ask her to write this down. Remember, physical activity is also about walking along the beach, dance and play.

While you could have rules about watching TV and playing on the computer after school, the other way to manage this is to have pre-organised activities straight after school to avoid her even turning on the TV or computer. For example, you could make every Tuesday a day when you play ball at the park, or every Wednesday you go swimming. Finding an after school sport is a great way to encourage more physical activity and this way she will get involved in both training sessions and weekend games.

Sport is also a great way for children to meet others and find children of a similar age who are interested in after school activities.

An alternative is setting up a star chart or reward system that requires her to play and do something physically active for 60 minutes before having access to the TV or computer.

There is a great new website with fun ideas for being active. Check out www.mission-on.co.nz.

If you have a question you want answered email Info@codhb.org.nz

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