

Physical Activity

Being physically active on a regular basis can be difficult for anyone. Establishing roles can help decrease the stress around helping children find enjoyable ways to move and be active.

What do we want for our children?

- Find activity that is enjoyable
- Have a better relationship with activity
- Grow into healthy adults



You can help by knowing your role.

Follow Satter's Division of Responsibility in Activity (sDOR)

Parent's Role

When to be active:

- Make activity a part of family's schedule
- Set time for family to be screen free

Where to be active:

- Provide a place to be active inside and outside

What activity is provided:

- Offer enjoyable activities (family activities, group sports, free play, etc.)
- Avoid worrying about how much a child "should" be active
- Focus on play versus exercise

Child's Role

How Much activity:

- From the activity offered, child gets to decide how much effort s/he puts into the activity

Whether they do activity at all:

- Child chooses how much s/he moves.
- Child may choose to sit while family plays

What do we know about activity and children?

When parents **PRESSURE...**

Parents pressure by pushing children to be more active...

Encouraging or coaxing to be active feels like pressure...

When parents **REWARD FOR ACTIVITY...**

"Walk around the block and you can have a piece of candy", "Play outside for an hour, or you can't watch TV" ...

When parents **WORRY ABOUT ACTIVITY...**

Parents worry about how much their children are sweating or being active...

Parents feel pressure to make child try harder..

... children tend to **BE LESS ACTIVE.**

...when children feel pressure, they put up even more of a fight and do less physical activity.

...children are not as active as they would be if they were doing it on their own.

... children **LOSE INTEREST.**

...children learn to only be active for a reward and do not want to be active any other time.

... children tend to **FEEL PRESSURE.**

...children focus on what parent thinks about their weight.

...being pushed to be active is not fun for children.

What should parents expect when beginning to use sDOR?

1. It takes time to make changes. Be patient and keep practicing.
2. At first, your child may push back and resist wanting to be active during set times. TRUST your child to do their role and you will begin to see changes.
3. Activity time will become more enjoyable for everyone. As your child learns what to expect, there will be less of a power struggle particularly around screen-free time.
4. Parents will know that sDOR is working when their children:
 - Have fun when being active
 - Start being active on their own