Responsiveness

- set an example for your child by exercising in front of him/her?
- play active games with your child (such as playing ball or racing)?
- go on a walk with your child?
- say positive things to motivate your child to be more active?
- play a sport or active game together as a family?
- give your child choices of what physical activities to do?
- allow your child to help you with chores?
- allow your child to pick an active game to do together?
- dance with your child?
- play sports games with your child (such as soccer or baseball)?
- teach your child that being active is good for his/her health?

Structure

- take your child to sport practice or game in which he/she is enrolled?
- take your child to the park?
- suggest that your child play outside?
- find age appropriate games that get your child moving?
- teach your child new and different ways to be active?
- set time aside for active play?
- not have time to play outdoors with your child? (RC)
- not register your child for sports or dance due to lack of money? (RC)
- let your child go outside to play around your home?
- have outdoor toys available for your child?