Promote Inactivity

Psychological Control

Concern for Safety

- not let your child play outside?
- allow your child to watch TV for long periods of time?
- carry your child because he/she does not want to walk?
- keep your child occupied with quiet activities (such as board games and reading)?
- drive your child, when it was easy to walk?
- allow your child to play a lot of videogames?
- keep your child inside your home all day?
- push your child in a stroller instead of letting him/her walk?
- keep your child occupied by letting him/her watch TV?

not let your child play actively for fear of him/her getting dirty?

tell your child he/she is not good enough at sports or active games?

tell your child he/she will get hurt if he/she plays actively?

discipline your child for being too active?

reward your child for being still?

not let your child play outside because you are worried about traffic?

not let your child play outside because you are worried about crime?

not let your child play outside because you are worried about strangers?