Parental Engagement and Structure

1. set an example for your child by exercising in front of him/her?
2. play active games with your child (such as playing ball or racing)?
3. go on a walk with your child?
4. say positive things to motivate your child to be more active?
5. play a sport or active game together as a family?
6. give your child choices of what physical activities to do?
7. allow your child to help you with chores? (DROPPED)
8. allow your child to pick an active game to do together?
9. dance with your child?
10. play sports games with your child (such as soccer or baseball)?
11. teach your child that being active is good for his/her health?
12. take your child to sport practice or game in which he/she is enrolled?
13. take your child to the park?
14. suggest that your child play outside? (DROPPED)
15. find age appropriate games that get your child moving?
16. teach your child new and different ways to be active?
17. Set time aside for active play?
18. not have time to play outdoors with your child? (RC)
19. not register your child for sports or dance due to lack of money? (RC)
20. let your child go outside to play around your home? (MOVED)
21. have outdoor toys available for your child?