

# Encouraging Participation in Physical Activities



It can be challenging for all parents to encourage kids to participate in physical activities. Parents of children who have coordination difficulties or attentional issues may find it even more difficult to guide their children toward physical activities in which they are likely to be successful. Below are some internet resources that parents may find helpful.

## **CanChild**

*CanChild's* website contains a wide variety of educational materials about children who have coordination difficulties, including children who have Developmental Coordination Disorder (DCD).

Website:

<http://www.canchild.ca>

- For a flyer that describes which physical activities may be more successful for children with coordination difficulties, go to:  
<http://www.canchild.ca/Default.aspx?tabid=219>
- For a handout that provides suggestions for coaches and sports instructors, go to:  
<http://www.canchild.ca/Default.aspx?tabid=212>

## **Parent Centre**

This website contains articles on a variety of different parenting topics. If you click on this link you will find short articles about the best and worst activities, and reasons why certain activities are more successful, for children with attentional issues and/or Attention Deficit Hyperactivity Disorder.

Website:

<http://parentcenter.babycenter.com/refcap/bigkid/gspecialneeds/67358.html>

## **Public Health Agency of Canada**

This website provides general information for parents and teachers about how to encourage children and youth to participate in physical activities. There are also interactive magazines for children and youth.

Website:

[http://www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/resources.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/resources.html)