

Helping your child to be physically active for 3 hours a day

<b>What we do well</b>	<b>What makes it difficult</b>	<b>What would make it easier</b>
3 hours a day – quite easy	Work during the week when sessions/groups are on	Groups/sessions available in school holidays
Fairly easy to do	Weather	Attending more groups/support groups
Walking and going to the park	Cost of holiday play schemes (they often don't take childcare vouchers)	More things to do at the weekend
Play groups/outside play/garden/friends' houses and gardens	Lack of activity sessions	Better information about activities
Children Centre activities	Weather	More indoor activities for children in the summer holidays
We go to Tumble Tots and soft play. We cycle everywhere	Weather	Walk routes with activities
Plenty of space to crawl and thins to pull up on	When we are travelling	Balance bikes available in sessions
Swimming/walks/jumping/tummy time	I sometimes run out of energy – just worn out (Working full time, taking children to after school clubs and trying to fit everything in)	Extra summer/ holiday activities like this one (Physical activity toddler session)
(Attend) some play groups/ nursery/walk to the shops and park	Affordability of clubs	Activities/baby groups/places to go
At least 3 hours a day and outside a lot	New to the area, looking for groups to go to	More local play areas/baby groups
Going to nursery helps as they are outside and active in Nursery every day	Weather	Safe and secure play areas
The "Miles without Styles" book is great for walking with a buggy	Parks don't always cater for younger children, having to drive to find good parks	Covered areas/canopies in parks for children to play in
Walking, bike and park	Not knowing how much activity they they get when in school	
Walk to the park and beach	School holidays can be difficult as older children to cater for too and groups not on	
Building in the garden with Dad (a play house)	Weather and dark days	
Active at Nursery	Not being able to drive makes it hard as can't get to parks, groups etc.	
Both kids love bikes	Time, working life means we don't have time to	

	walk to places.	
Routinely walk from Hensingham to Whitehaven	No shelter in parks	
Go to groups and soft play	Slides in parks are often difficult for younger children to use	
Quite easy to do , I limit TV to short times during the day	An accident when just starting to walk has delayed her development and made it harder for her to be active. Getting better now.	
We go to all the different parks – lots to choose from	Isolated, have to drive to access anything	
Come to “Let’s get Exploring” and Grandtots” sessions	Wants to be carried, refuses to walk	
Go to soft play		
Got a years pass to the Gin Case		
Singing and movement		
Let her walk as much as she can		
Climbs stairs		
Go to groups and activities		
Runs and walks everywhere!!		
(Go to) Lots of playgroups		
Walk and cycle, wellies for wet weather		
Park with dogs		
Never still, always active, walks		
In the garden all the time		
Walks a lot, feed the ducks, go out when wet		
Enjoys play areas, rural ones better than town ones		
Lowther castle, swimming		
They get outside lots when at Nursery		
Swimming, gymnastics, play ground		
Football, cycles to school, visit local play areas		
Plays football and rugby		
Bikes to school, annual pass for Lowther, dog		

walks		
Dancing before bed, very active, climbing frame in garden		
Canoeing on the lake		
Plays in garden, has a trampoline, go to park		
Go to groups, garden and park		
Go to groups, play areas, walk to palces		
Tumble tots,		
Out and about every day, play areas, dock museum, the beach, swimming, nursery, playgroups, soft play area		
Swimming, walking with the pram, access CC groups		
Swimming, walking at weekends		
Play groups, soft play, plays in the garden		
Access groups in library, CC, nursery, swimming and walks		
Go to groups, swimming, soft play		
Plays out on bike, go on walks and scooters.		
Garden, trampoline in garden		
Walks, soft play, toddler groups, dog walks		
Likes to cycle everywhere		
Dancing, football training		
Runs, dances and goes to the park		
Plays with brother outside		
Bikes, walks to school, dancing football		