The Bluearth Foundation is committed to the development of communities and individuals through participation in physical activity. Their approach is fun, energetic and inclusive and encourages the development of teamwork, skills and self-control.

They have compiled some of the latest research relevant for teachers and parents on the importance of physical activity. You can read about the financial cost of inactivity, the social, emotional and mental health benefits of increased activity and the risks associated with inactivity on their website.

The importance of physical activity

Two-hour screen limit for kids is virtually impossible to enforce

It’s almost universally recommended that for optimal physical and mental health, children engage in 60 minutes of physical activity each day and limit the time they spend watching TV, playing computer games, and surfing the net on various devices.

In 2001, the American Academy of Paediatrics released guidelines recommending children under two years have no screen exposure and children over two should have no more than two hours for entertainment per day.
The Australian Department of Health followed suit, recommending no screen time for children under two, a maximum of one hour for children aged two to five years, and two hours for children aged five to 17.

But while achieving the physical activity part of the recommendation is realistic, limiting screen use to two hours is becoming virtually impossible. After all, young Australians use screens for homework, social media and entertainment.

CONTINUE READING →

Screen Time for a Toddler

November 14, 2014

5 years ago there is no way this would have been a blog topic but with the rapid adoption rates of smart phones and tablet devices coupled with millions of apps that are readily available, it is now in the top 5 parenting discussion topics for toddlers.

Our daughter Amelia is almost 2 years old. I co-own a digital agency so consider myself digital-friendly and obviously have all the relevant technology available, both at home and in the office. Balancing the demands of my business along with parenting a robust, tenacious and damn exciting 2 year old, comes with its challenges. Time is a rare commodity and Monday to Friday most hours of my day are meticulously planned.

CONTINUE READING →
The Right Mix

September 21, 2014

Being a mum of three young boys and finding the time to exercise is often a challenge that feels more like a pipedream – until you find a way to make it work, and you really can! For me, I decided early on that parenthood wasn’t going to signal the end of my passion for being active and I set out to make it a priority as it always has been, for both me and my family.

In reality I find it no different from when I had my first child to now being a mother of three – finding time to exercise is hard and you need to get organised. You need to ensure that your children are being looked after and work around ever-shifting school and work commitments, but the good news is that it can be done.

CONTINUE READING →

Learning to let go – feel the fear and do it anyway!

September 16, 2014

My son is now 11 years old and does most things at a lightning fast pace these days; it’s truly astonishing just how much energy he has. So naturally I didn’t think much of it when he came charging through the back door on
Sunday, out of breath but excited to share his latest conquests with me. He was so pumped I actually thought he might explode with excitement.

He told me that he and a boy who lives in the same street had managed to walk along the top of the fence line, jump off and roll; "it's called a parkour roll mum" he excitedly said.

Physical Literacy

We hear a lot about numeracy and literacy and we know how important they are for our children, but what about physical literacy? What does it mean and how important is it?

We believe that physical literacy is the key to not only being active for life but also enables us to be the very best we can be.

1. Physical literacy is simple

The term "physical literacy" may sound intimidating but it is actually a simple concept.

Physical literacy is the ability to move with competence, confidence and understanding that supports overall healthy development.

It doesn't require special equipment or training, just a bit of knowledge and the simple and natural desire to give your kid the right building blocks from the start.Early positive experiences are critical to the development of the skills, attitudes and confidence that lead to lifelong participation.
**Tips for Creating Active Families**

Active families benefit from increased physical health and also sharing more ‘playtime’ together, and that means more laughs and memories made. So how do you pry your loved ones away from their favourite touch screen devices and up off the couch? To help we have put together the Bluearth Top Tips below and also more detailed age specific tips for ideas to include in your family’s schedule and discover the joy of moving together:

1. **Be part of the game**
   
   Kids love it when their parents are engaged and involved in playing with them, it is also a great way to connect and stay connected as a family.
   
   You don’t need anything, just a sense of active play and a commitment to have fun.
   
   Let your child lead, let them decide what you are going to do and how to do it.

2. **Be a role model**
   
   Kids who have active parents are 6 times more likely to be active themselves. ‘Do as I do’ is the message that children get.
   
   If you regularly participate in active pursuits that you enjoy and let your kids see and hear how much you enjoy them then you’re much more likely to have active children.

Tip Sheets:

- Tips for Active Families (250KB)
- Tips for Infants and Toddlers (220KB)
- Tips for Primary School Aged Children (220KB)
- Tips for High School Aged Children (220KB)
- Tips for Adults (310KB)
- Tips for Older Adults (230KB)