

BEING ACTIVE

PARENT AND CAREGIVER RESOURCE

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NOTES

RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance
4. Connections
5. Healthy Eating

6. BEING ACTIVE

7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary

Like healthy eating, everyone in the family benefits from being active. Our children learn from us. They will learn lifestyle habits from us too. Is it time for the whole family to move more? Are there ways to involve the whole family in physical activity?

Screen time is the time we spend looking at a screen: TVs, computers, devices, tablets, phones. Screen time needs to be limited for all children. For children under 2 years, they should not have any time in front of a screen. For children that are 2 – 4 years, they should have less than one hour per day. For children over 4 years, they should have less than 2 hours of screen time each day outside of school.

Organized sports like soccer or hockey may not be enough to keep your child or teen healthy. Remember, we are aiming for 60 minutes of energetic (moderate to high intensity) activity each day.

HOW CAN YOU SUPPORT BEING ACTIVE?

- Help your child find activities that work for them based on their age, health, abilities and interests.
- Keep activities fun and involve your children's friends.
- Set limits on how much time your children and teens spend watching TV, playing video games, and surfing the Internet.
- If you drive your children to school, try walking instead, or organize a walking club with neighbours.
- Take the stairs instead of the escalator or elevator with your children.

BEING ACTIVE

- Get your child involved in activities around the house with you: carrying the groceries, raking leaves, vacuuming, chopping wood, checking the trapline and shoveling snow.
- Encourage your child or teen to enjoy activities that can be done every day, such as walking or cycling to a friend's house or skipping rope.

WEB BASED RESOURCES

<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> Click on the Letters A-Z to find information on health related topics

<http://www.caringforkids.cps.ca/> Click on a variety of topics at the top of the website for general information to parents about child health. From the Canadian Pediatric Society

<http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/children-and-tv/art-20047952> Understanding effects of screen time

http://www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home Tips for limiting screen time at home

<http://www.participation.com/splash/>

<http://www.doctoroz.com/videos/no-excuses-chair-workout> Chair exercise to do together

<http://www.theglobeandmail.com/life/health-and-fitness/health/brazil-takes-an-unambiguous-new-approach-to-fighting-fat/article17496796/>

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php>

<http://www.strong4life.com/#>

<http://www.cps.ca/en/active-actifs>

http://www.caringforkids.cps.ca/handouts/physical_activity

http://www.caringforkids.cps.ca/handouts/physical_activity_with_a_chronic_illness

<http://www.nemours.org/patientfamily/khlibrary/articles/63264.html>

http://www.zisboombah.com/kids_home

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx?CalculatorType=Metric>

<http://kidney.niddk.nih.gov/kudiseases/a-z.aspx>

WEB BASED RESOURCES FOR KIDS

<http://www.strong4life.com/#>

http://www.zisboombah.com/kids_home

HANDOUTS

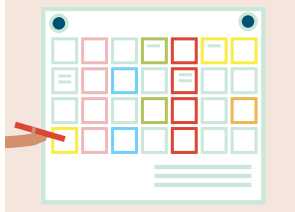
The Benefits of Physical Activity for First Nation, Inuit and Métis Communities: Sharing Knowledge and Community Leading Practices:

<https://www.saintelizabeth.com/getmedia/e75b3789-b34b-4a6b-a5a9-1b0d29caabac/The-Benefits-of-Physical-Activity-Handbook.pdf.aspx>

APPS

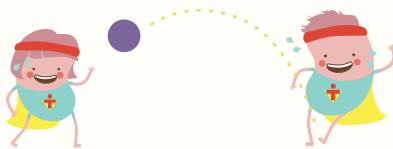
Bring Back Play

BEING ACTIVE GLOSSARY



ACTIVITY CALENDAR

Activity calendar is a tool for tracking our physical activities. It can be a paper that we keep on the fridge and where we write down each day's activities. Or it might be an app on the phone where we enter the activities we do every day to stay healthy.



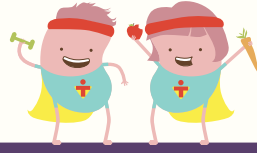
PHYSICAL ACTIVITY

Physical activity is anything we do that makes our body work hard and our heart beat fast. The goal is to take part in 60 minutes of physical activity every day.

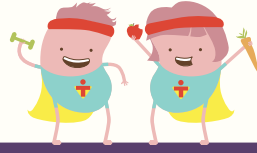


SCREEN TIME

Screen time is the amount of time we spend in front of any screen: television, computers, tablets and mobile phones.



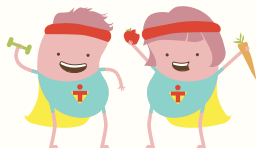
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HEALTHY KIDNEYS



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For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>