



# PARENTING FOR SUCCESS

Winter Sport Parent Information



As parents we provide access for our kids to be physically active and promote that exercise is fun! (USSA photo)

## How do I raise physically literate children?

- Encourage active free play with friends at home or in the park.
- Explore the outdoors with your children – hike, bike, ski/ride on a regular basis.
- Enable your children to try multiple sports.
- Get children involved in movement activities at a young age – gymnastics, dance or martial arts.
- Avoid early sport specialization.
- Value your child's development over their results in sport.

### Learn more:

Project Play: [preport.projectplay.us](http://preport.projectplay.us)

Designed to Move: [designedtomove.org](http://designedtomove.org)

Physical Literacy Canada: [physicalliteracy.ca](http://physicalliteracy.ca)

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## WHAT IS PHYSICAL LITERACY?

Physical literacy is a cause that is gaining attention across the country and across the world to address the alarming trends of childhood inactivity, obesity and dropout from sport. What is physical literacy? In the U.S. it is defined as the ability, confidence and desire to be physically active for life. As parents, we bear the ultimate responsibility for helping our children achieve physical literacy. Just because our children are enrolled in SSWSC programs does not necessarily mean we are doing everything we can to raise physically literate children.

### ACTIVE KIDS DO BETTER IN LIFE

#### WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS

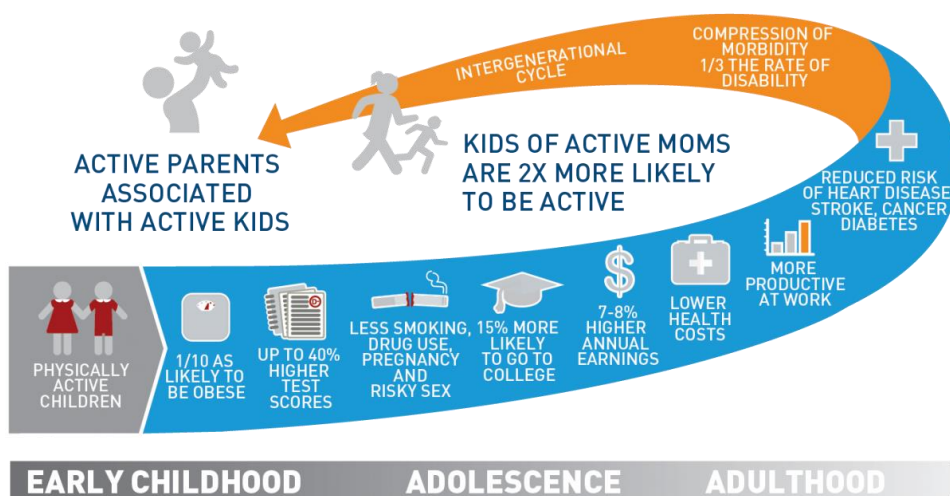


Figure 1: From [Sport for All - Play for Life: A Playbook to Get Every Kid in the Game](#) by the Aspen Institute's Project Play

The cornerstones of the physical literacy concept are ability, confidence and desire. The SSWSC programs focus extensively on ability, and next week's article will cover this more. Confidence plays a critical role. If our children believe they are capable in a given activity they are much more likely to pursue it on their own. We support the development of athletes who are confident in a wide range of activities, rather than a narrow, specialized sport focus. More specifically, consider whether your child has the ability and confidence in their agility, balance and coordination skills on the ground, in the water, on the snow and in the air. Encourage activities that span these four different environments. The third cornerstone, desire, must come from the child. A quality early experience with sport is a critical factor. Supporting our children in their sporting activities without judging their performance or placing emphasis on results will give them the greatest chance to discover a long-lasting passion for their sports. The outcome – being active for life – has both health and performance benefits that we all can value.