



## About the Author:

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## Enjoy Some Activity with Your Child

As a parent, it is important to encourage our children to be physically active and teach a love of physical activity that will continue as they get older and even into adulthood. Most children are naturally active and enjoy moving around, although there are some barriers that may make daily physical activity a challenge as children get older, such as demands at schools, lack of active role models, busy families, and children feeling that they aren't good at sports. Regular physical activity will help children develop strong muscles and bones, have a healthy weight, sleep better and have a more positive outlook on life. Here are some important physical activity tips:

- Choose the right activities for your child's age. If the activity is too easy or too hard, your child may be bored or frustrated.
- Provide the opportunity for your child to be active. This could be signing your child up for a tumbling class, taking him to the park, taking a walk or hike, or just kicking a ball around with him or her.
- Focus on fun. Find something that your child likes to do. If not, they won't enjoy it.

If you are active yourself, have a positive attitude about physical activity and support your child's interest in physical activity at a young age, your child will see physical activity as a part of their everyday routine. Visit [Kidshealth.org](http://Kidshealth.org) for more physical activity information and tips.

The Play Learn & Grow event is an upcoming opportunity for parents, grandparents or caregivers and their children to come out, learn about early childhood resources in Clermont County, and do some activities together. United Health Care will have the Family Fit Tour at the event, and this is a great opportunity to have some fun doing a little bit of physical activity.

This event is in collaboration with the Clermont County Public Library's Ready to Read Festival event on Saturday, September 21st from 10am-12pm at the Milford-Miami Township Branch. Walk around the library's pretend town and experience activities. Story times will occur at 10:15am, 10:45am, 11:15am and 11:45am. Musical guests, The Corner, will have the kids moving with interactive hip-hop storytelling at 10am, 10:45am and 11:30am. There will also be face painting, balloon animals and a photo booth, along with free car seat checks by Cincinnati Children's Hospital Medical Center. The event is FREE! Come out, have some fun at the Play Learn & Grow event in the parking lot, and then head into the library for more fun activities!