

Age & Stage

0-2 years Baby/Toddler

- Mostly happy in a pram or sling.
- Usually happy to have a daytime nap.

Informal Parallel Participation

When they're not moving much, walking with bub in a pram or sling is a good habit to get into.

- Some fresh air and sunshine is sometimes just what the doctor ordered – even if you take more time getting ready than you spend outdoors. It does take time to master getting out the door, but be patient and proud of your efforts to even make it that far.
- Experiment with times that suit your (and your baby's) rhythm. Sometimes first thing in the morning works (that washing can wait!). Or could a walk make witching hour bearable for all?
- A route with a footpath and flat ground can make things easier to start. If there isn't one nearby, check your local council website for designated walking tracks.
- Add on a ten minute walk with bub in the pram to the shops/doctors if you're feeling the need to "get things done".

- Tummy time for bub, can be yoga time for Mum. While your bub is getting their exercise, you can be laying next to them and doing the same! Make sure you have your GP's go ahead for any exercise program.

More Formal Parallel Participation

- Join a Mums with Prams walking group. The Heart Foundation have general and pram-based walking groups all around Australia. You might also find a local pram walking group via local social media pages - or you can start your own!
- If you are attending a mother's group, see if you can have an active meet.
- Many physios and fitness centres have group exercise classes where children are welcome. You'll know you're in the right place from the lost toys and biscuit crumbs on the floor!
- Has surfing been on your bucket list or has getting some waves been a distant memory since kids came along? Surfing Mums Australia has 40 locations Australia wide! Surfing Mums combines a childcare swap with a surf. The kids build sandcastles on the beach, while mums get some Vitamin Sea.

Age & Stage

0-2 years Baby/Toddler continued

3-4 years Preschooler

- Might be happy with a 'push' bike or scooter.
- More active.



Informal Parallel Participation

- Need coffee and some adult time? We hear you! Instead of sitting at the café, grab your keep cup and make your next catch up step-worthy.
- If you're doing learn to swim lessons, stay in the water another 10 minutes with your bub and do some deep water walking!
- Can you walk or cycle to Kindy or daycare? Make the trip an adventure with a map, let them push their favourite toy in a doll's pram, or rug up with raincoats and umbrellas if it's wet.
- Switch up the pram to pushing your "big kid" on their bike/scooter, or really increase the intensity by carrying them in a hiking backpack.
- Got a bike that has been gathering cobwebs? A toddler bike seat or trailer is a great adventure for your "big kid" and a top workout for you!

More Formal Parallel Participation

- Get in touch with your local council and see if they are running Mums and Bubs classes in your area.
- Tennis Victoria ran a very successful program that combined lessons for mums at the same time as toddler lessons. See if your local tennis group can do the same, or find another parent who would like to have a hit.
- A group of mums in Moranbah (in regional Queensland) started a Swimming Mums group at their local pool. They based it off the Surfing Mums model, where they met at the pool and shared their time between playing with the kids and swimming some laps. Could this model work for a sport that you'd like to try or get back into?

Age & Stage

5-11 years Primary school

- May or may not get enough physical activity at school during formal physical education lessons or during breaks.
- Might be starting after school sport or formal sport activities.

Informal Parallel Participation

- Anyone who's braved school drop off knows how chaotic it can be. Park well outside the school zone and walk past the congestion.
- Now the kids need less supervision outside, you might be able to move more. While they're in the yard, get into the garden, mow the lawn, wash the car or use some steps for a leg workout.
- Find a fun Zumba workout on YouTube and let the kids dance freestyle (or join in as best they can) while you get some moves in.
- Similarly, if the kids are engaged in independent play indoors – follow along with online classes like yoga or Pilates at home.
- Want to run? Take them out on their bikes or scooters and challenge them to keep up!

More Formal Parallel Participation

- If your children are playing organised sport, take your gear along to training too. Go for a walk around the soccer grounds, shoot some hoops at the basketball court, or see if there's an adult dance lesson at the same time as your child's. We know sometimes it's a good chance to get some emails done, or grab some groceries, but it can also be good 'you time'! See if you can encourage some other parents along for social support.
- If your kids attend swimming lessons, jump in the pool and swim some laps in another lane.
- Martial arts training is for kids and adults alike, join as a family.



Age & Stage

5-11 years
Primary school
continued

12-17 years
High school

- Typically getting less physical activity at school during formal physical education lessons or during breaks.

Informal Parallel Participation

- Combine a workout with your visit to the playground!
 - Lunge or squat with each swing push.
 - Walk or stand instead of sitting.
 - Can you still swing on the monkey bars?

- It's unlikely that the high school run is much less chaotic. Consider parking further away to avoid the traffic and for everyone to get a few steps in.

- Now the kids are older, revisit what's nearby for you to walk or ride to. Are there some good bush walks for you to try, or another activity that the family might now be able to do?

More Formal Parallel Participation

