


# Get kids moving with media? This is how you do it!


With these ten tips you can strike the right balance between sitting still and being active quickly and easily, with AND without media.



Have your child take three giant steps away from the screen. This is much better for their eyes! Sitting away from a TV is easier than protecting your eyes from mobile and computer screens.

1. Encourage your child to keep a good distance from the screen

An active position makes all the difference. Sitting on the floor is a more active position than slouching on the couch. A stool is even more active. Using media while standing, however, is the best option!





Read a book while sitting, play a game on the floor, or dance along to a YouTube video. And, after 20 minutes, devise a fun 'distance gazing' game. For example: can you spot the birds in the tree? Or: which colours do those cars have?

2. Change positions

3. Alternate!

When using media, you can easily move along with the stories, for example by reading books and listening to podcasts. Use expressions and your hands and feet to act out what's going on screen and make fun and suspenseful noises.



Have your child roll up and stretch out fully after watching a video or playing a game. Investigate together what it feels like to make yourself very small AND very tall. Put on some fun music and see which movements this inspires.

4. Participate in what you read, see or hear

5. Discover movements

Children need a lot of movement from a very young age. Is your child aged 3 or older? The recommendation is at least one hour of (moderate to intensive) exercise in that case. Climbing, running or cycling are all good activities. But so is going to the shops together, vacuuming the stairs or cleaning the windows.



Use something you read in a book as inspiration to create a play. Draw the main characters or create puppets. Do a stop dance to the intro music of a video. That way, you alternate between activities and associate media with movement.

6. Be active

7. Associate media with other activities



Get out, regardless of the weather. Go on a treasure hunt around your neighbourhood, devise a photo assignment, or try to find out (online) which animals and plants you can spot near you.



Not sitting still for long periods of time is just as important as getting enough exercise. Don't leave your child in a child seat, pushchair or car seat for more than an hour.

8. Head outdoors together

9. Don't sit still for too long

If you as a parent tend to use media while sitting, your child will copy what you do. Make sure to alternate between times with and without media, and between exercise, sitting, and standing. And discuss this with your child. Ask your child what he/she thinks of your media use.

10. Set a good example

