

Indoor Exercises for Children

Its getting cold out but you still have a toddler who needs to get out some energy. You are probably getting tired of less exercise as well, or maybe not, but if you want some peace and quiet, assisting your youngster to some fun, safe exercise indoors is just the thing. Regular exercise can help children feel less stressed, feel better about themselves, help them be ready to learn, keep a healthy weight and sleep better at night as well as build healthy bones, muscles and joints. If you missed our November indoor exercise class, here are some ideas:

Balloon Play: less likely to knock over a lamp and hit a sibling in the face than a ball, balloons are great for batting, shooting into a basket, kicking, catching, throwing, dancing with bopping up into the air, try it, you are sure to get a laugh. Always supervise this activity because a popped balloon can be a choking hazard!

Animal Play: The animal kingdom is a great place for inspiration when it comes to children and movement. Imagine a frog jumping, a puppy running, a mule kicking, a rooster walking, a bunny hopping, a bird flapping, a horse galloping, a seal or a bear walking for a few ideas of where to start your exercise play. Give your child the opportunity to come up with ideas as well and soon you will both be hyenas laughing at the fun you are having.

Yoga: Some resources are listed below, but there are lots of parent/child offerings on the market in video and book form. Simple and fun these resources can get you started on a routine.

Obstacle Course: Think of alternate ways of using your furniture. Over cushions, under tables and chairs, around the crib. Up, down, around, over, under, through...lay it out and let them have at it. You can time them, cheer them on or get in on the fun yourself. Great activity for older siblings to help set up (with a safety check by you before the action begins).

Follow the leader: Kids love to copy their parents, so put in an aerobics video or put on some dance music and have a grand ole' time, just don't expect it to look exactly like they do on tv. Have fun with it and encourage junior to pitch in with his own ideas!

Resources:

parentingtoddlers.com/toddlergames.html

Get fit together (video) <http://www.momandtfitness.com/product.aspx?id=1>

Babars Yoga for Elephants by Laurent de Brunhoff

My Daddy is a Pretzel by Baron Baptiste

Kinder start: <http://www.kinderstart.com/sportsandexercise/toddlerexercise.html>