

Resources on Exercise for Parents

Many kids who struggle with developing healthy exercise habits have a hard time trying more active activities or learning to incorporate both active and inactive activities into their day. However, there is substantial research that states that getting enough exercise can not only enhance physical development but also emotional wellbeing. Learning more about healthy exercise habits can be beneficial for both parents and children.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve your child's exercise habits. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, executive-functioning difficulties, struggles with Social Emotional Learning (SEL) skills, autism, depression, and anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns regarding your child's exercise habits, or lack thereof. Come back regularly, as the links are updated frequently.

Articles

[10 Benefits of Physical Activity](#)

There are many reasons why physical activity can help you and your child. Here they dive deeper into a few to demonstrate just how important getting your little ones moving really is.

[10 Tips to Get Kids to Exercise](#)

Getting children to exercise can be difficult. With so many other modes of entertainment, kids today are spending less time being active. This article provides tips for parents on how to build exercise into their child's daily routines in a fun and engaging way.

[14 Ways to Get Kids Exercising – and Off the Couch](#)

Childhood obesity has become more prevalent over the past few years. With an increase of sedentary play such as video games, our children are becoming less active. This Huffington Post article provides us with some additional ideas on how to combat this epidemic.

[Why Kids Need Exercise](#)

We have covered tips on how to get our children exercising, but why is it so important? With many physical and psychological benefits coming from regular exercise, Care.com has compiled the most relevant evidence to support this.

Facebook

[Physical Activity & Motor Development for Kids by Pink Oatmeal](#)

This page is filled with tips, tricks, and information about getting our kiddos active!

[Playworks](#)

This page is dedicated to providing the community with ideas for getting children moving.

Pinterest

[Encourage Healthy Choices With These Silly, Fun Exercises for Kids](#)

This post has compiled fun and silly exercises for kids to feel like they aren't even exercising at all!

[10 Fun Fitness Ideas For Kids, No Equipment Needed](#)

Need fitness ideas for you and your child? Check this out!

[Spell Your Name Workout – What's Your Name? Fitness Activity Printable for Kids](#)

What better way to get kids in an exercise routine than making a game out of it! Spell your child's name or new words to get double the benefits.