

Date: Thursday, September 06 2007 @ 13:14:23 CDT
Topic: Dancin With Pam Dance Tips

Keeping Your Kids Active

Let's face it... your kids dont get enough quality exercise at school anymore. Joining an organized class and doing an activity that your child enjoys is a good way to get her/him moving and having fun at the same time. Some tips for finding the right activity: first ask your children what they are interested in. Remember that something they have never done might look appealing but not be what they expected when they are actually involved in it. Always complete a series of classes or a season of a sport. Never drop out midway through a course. This gives children the idea that they can just up and quit everything anytime. Follow through with your choice and then explore something new when the session is over. **CLICK Read More..**

Always make sure the choice you make fits into your schedule or that you can make arrangements for carpooling. Rushing around is hard on kids and parents alike. And remember, what you like to do may not be what your children like. Give them a chance to express themselves. Choices change with age, maturity and experiences. Explore them all in time but don't do too much all at once. Balancing school, home life and classes or sports takes some doing. Start out younger children with one extra activity a week and see how it goes before adding another.

Let's keep our kids active and healthy and while you're at it take a class yourself!

Copyright 2007 by Pam Cohen
Dancinwithpam.com

This article comes from Dancin With Pam:
<http://www.dancinwithpam.com>

The URL for this story is:
<http://www.dancinwithpam.com/index.php?op=NEArticle&sid=17>