

# Working with Parents

Early years practitioners should share their knowledge and ideas with parents and ask them to do so in return, hence working as partners.

Always share positive messages with parents.

If you have a good Physical Development or Physical Education policy which you share with parents and carers, it will be clear as to what you feel is acceptable and not acceptable practice with children in your care.

## Positive Messages

**Minimum of 180 minutes a day (at your setting and home)**

**Physical activity aids learning**

**Adults are role models**

**Encourage being active**

**Parents and practitioners working together**

**Provide a variety of activities**

**Children develop good habits in early years**

**Active children are more likely to become active adults**

**Find activities to do together**

**Being outside is good for children**

**Reduce sedentary time**

