

Avoiding the Summer Activity Slide

SOT

Dr. Rebecca Sierra, OSF HealthCare Pediatrician

“When kids are out of school, it's critical to make sure that they're outside playing every day. We want kids to get a minimum of an hour every day of physical activity, but it would be great to see more.”

SOT

Dr. Rebecca Sierra, OSF HealthCare Pediatrician

“Any kind of play is physical activity. If they're out on the swing set, walking the dog, playing at the park, any of that. It doesn't take organized sports, they don't have to be on a soccer field. Just getting kids outside or creating activities at home for them to just be active.”

SOT

Dr. Rebecca Sierra, OSF HealthCare Pediatrician

“If they're not outside being active, are they inside spending time on screens? And we really want to try to limit that. The AAP recommends no more than two hours a day of screen time for most kids. So that's a lot of hours left in the day for kids to get outside and have physical activity.”

SOT

Dr. Rebecca Sierra, OSF HealthCare Pediatrician

“So much of getting kids active is doing things as a family. Personally, I know my kids love to join me when I'm going for a walk with the dog or if I'm outside doing anything in the yard, they're on the swing set. They follow me and they want to do what we're doing as adults, so I think if parents are getting outside and being active, the kids are going to follow.”