專家分享

Dr. CAPIO, Catherine Mamaid ,PhD, PT
Assistant Professor
Department of Early Childhood Education
The Education University of Hong Kong

幼兒運動指南：父母在家可以做什麼？

Movement guidelines for young children: what can parents do at home?

The Centre for Health Protection of Hong Kong recommends that kindergarten children need to meet movement guidelines that include physical activity, use of screens like mobile phones and tablets, and sleep. What are these guidelines? For children in K1 to K3, it is recommended that:

衛生署衛生防護中心建議幼稚園階段的兒童應遵守體能活動指引，包括體育活動、使用手機和平板電腦等電子屏幕產品以及睡眠的時間。指引的內容有什麼？以下是對 K1 至 K3 階段的兒童的建議：

1. throughout the day, children should spend at least three hours engaging in a variety of physical activities at any intensity; at least one hour should consist of energetic play such as running, jumping, ball games, swimming;
2. children should not sit continuously for longer than one hour using their screens (mobile phone, tablet, laptop);
3. children should have 10 - 13 hours of good quality sleep (including nap time) with regular sleep and wake-up times.

1. 兒童每天應該合共做不少於三個小時各種強度的體能活動；不少於一小時的中等至劇烈程度的體育活動，例如跑步、跳躍、球類運動、游泳；
2. 久坐不動的屏幕（手機、平板電腦、筆記本電腦）時間不應超過 1 小時；
3. 兒童應有 10 - 13 小時的優質睡眠（包括午睡時間），有規律的睡眠和起床時間。

Why are these movement guidelines important? When children meet these guidelines, they are likely to be healthier, stronger, happier and smarter. For physical health, being active and having adequate sleep contributes to the development of strong bones and muscles, and maintenance of healthy weight. When children meet the movement guidelines, they can also develop good balance and movement coordination, which prevents them from tripping, falling or getting hurt. For social development, when children meet these guidelines, they are more capable of regulating their emotions that allows them to build friendships and social connections. Finally, children who are more active are also able to focus their attention better, helping them do well with school and homework.

為什麼這些體能活動的指引重要？當兒童成功遵守這些指引時，他們很可能會更健康、更強壯、更快樂和更聰明。為了身體健康，積極運動和充足睡眠有助於骨骼和肌肉的發展，並保持健康的體重。當兒童成功遵守這些體能活動的指引時，還能培養出良好的平衡和協調能力，從而防止絆倒、跌倒和受傷。於社交發展方面，當兒童成功遵守這些指引時，他們更有能力去調節個人情緒，從而建立友誼和社交聯繫。最後，較活躍的兒童也更能集中注意力，從而幫助他們在學校表現良好和學業出眾。

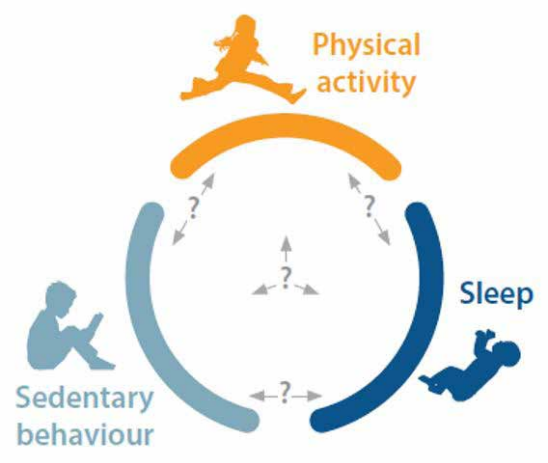

Image Source: World Health Organization
圖片來源：世界衛生組織
(https://www.who.int/publications/i/item/9789241550536)

香港教育大學 DR. Capio 到訪本園進行研究項目

Because of the current pandemic, kindergarten children have experienced intermittent periods of school suspensions. When children have to stay at home, opportunities for physical activities tend to decline. Sleep patterns also tend to be altered. But even before the pandemic, some of our research revealed that very few Hong Kong children can meet the guidelines on physical activity, and about one in every two children spend more than one hour per day with their screens.

由於疫情，幼兒園的學童經歷了「間歇性停課」。當學童必須留守家中時，體育活動的機會往往會減少。睡眠模式也會改變。但即便在疫情前，我們的研究顯示，只有少數香港的兒童能夠達到體育活動的指導方針，每兩名兒童就有一位每天花超過一小時於屏幕時間上。

How can parents help their children become more active, use mobile phones and tablets less, and get adequate sleep? A good starting point is to remember that some physical activity is better than none. This means that even a few minutes of activity daily is helpful. Here are some tips on how parents can help their children to be active at home.

父母如何幫助孩子變得更活躍，減少使用手機和平板電腦，並獲得充足的睡眠？一個良好的起點是記住有一些體育活動總比沒有的好。這代表即便是每天幾分鐘的活動也是有幫助的。以下的一些提示是關於父母能如何幫助他們的孩子在家運動。

- Physical activities are not always about exercise or sports. Any activity where the child is moving counts. Parents can involve children in doing household chores that are appropriate to their age. Some examples include putting away their toys, helping feed pets, cleaning and wiping surfaces, and preparing their own school bags.
- 身體活動並不總是與鍛煉和運動有關。孩子的任何動態活動都很重要。父母可以讓孩子進行適合他們年齡段的家務勞動。例如收拾玩具、幫忙餵養寵物、清潔和擦拭物件以及執拾書包。

- If forced to stay indoors, use online video resources or active video games. Parents can search YouTube for videos for children to follow and be active. Some examples include kids' yoga, workout videos for kids, and walking or dancing activities.
- 如果被迫待在室內，請使用網上視頻資源或競技類的視頻遊戲。家長可以在 YouTube 上搜索視頻，讓孩子關注並保持活躍。例如兒童瑜伽、兒童鍛煉視頻以及步行或跳舞活動。

- When doing homework, keep it active. One way to do this is to have "brain breaks" which consist of two to three minute movement activities that serve as short breaks when doing homework. For example, a child can count 1 to 50 while jumping as a break from doing homework. Parents can also consider using an exercise ball for a child to sit on while doing homework on a desk.
- 在做功課時，保持活躍。其中一種方法是進行"課間活動"，進行包括兩到三分鐘的身體活動，作為做功課時的短暫休息。例如，孩子可以在做功課時的短暫休息時間中數數跳躍 - 從 1 數到 50，邊數數邊跳躍。家長也可以考慮讓孩子坐在健身球上做功課。

跳飛彈

平衡遊戲—坐 FIT BALL

單雙腳跳

企鵝走路

連續雙腳跳

What about screen time and sleep? Here are some tips for parents to consider:
如何安排屏幕時間和睡眠時間？以下有一些建議供家長參考：

- Set rules for screen time and consistently implement them. For example, parents can set the rule that there will be no mobile phones or tablets on the dinner table. When parents make such rules, it is important they always follow the rules and not make exceptions including themselves! Meaning, parents also have to follow the rules.
- 設置屏幕使用規則並始終如一的實施。例如，家長可以設置餐桌上不能有手機或平板電腦的規則。當家長制定了規則，重要的是始終遵守規則，家長自己也不能例外！也就是說，家長也必須遵守規則。

- Do not use the screens as pacifiers. This means that it is not good to use mobile phones or tablets to keep children from complaining or throwing a tantrum. When children rely on these gadgets, they do not develop good emotion regulation skills.
- 不要將屏幕產品用作安撫奶嘴。使用手機或平板電腦來防止孩子抱怨或發脾氣是不好的。當孩子依賴這些小玩意時，他們不能發展出良好的情緒調節技巧。

- Establish sleep routines – set the time for children to go to bed and make it consistent every day; parents can also ensure that children have calm activities at least half an hour before bedtime. Lastly, it is important to avoid over-scheduling learning activities at night.
- 建立睡眠規律——為孩子設定上床睡覺的時間並每天保持一致；家長還可以確保孩子在睡前進行不少於半小時的平靜活動。最後，最重要的是要避免在晚上安排過量的學習活動。

Adults need to help children meet healthy movement guidelines, and there are things that parents can do even when children need to stay home during school suspensions. When families recognize opportunities to be active in the daily routines of young children, there is higher likelihood for children to gain the benefits of being active and sleeping well. Our team from the Education University of Hong Kong continues to share information with parents and teachers. You can also visit our website to learn more about promoting health movement of children at www.hkidsmove.info.

成年人需要幫助孩子遵守健康的體能活動指引，即使在學校停課期間孩子需要待在家裡，家長也可以做一些活動和指引。當家庭認識到如何讓幼兒在日常生活中保持活躍，而兒童更可以從中獲得保持活躍和良好睡眠的好處。我們來自香港教育大學的團隊會繼續與家長和老師分享信息。你也可以瀏覽我們的網站 www.hkidsmove.info 了解更多有關促進兒童健康運動的信息。

HKidsMove

HKidsMove@EdUHK

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