

## Downloadable Guide 1:

### How to Encourage Your Toddler to Love Sports

Welcome to the Fun World of Sports!

Getting toddlers interested in sports from an early age sets them up for a **healthy, active lifestyle**. Encouraging your little one to be excited about sports is all about making movement fun! Whether they're chasing a ball, jumping in puddles, or running like their favourite animal, every little step helps them grow strong and confident. In this guide, we share **fun, practical ways** to help your little one develop a love for movement, and **easy and playful ways** to introduce sports in a way that feels like an adventure!

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#### 1. Make It a Game!

- Turn activities into **fun challenges** (e.g., "Can you run as fast as a cheetah?")
- Use **storytelling and imagination** (e.g., "Can you hop like a bunny?")
- Let them explore different movements without pressure!

#### 2. Be Their Biggest Cheerleader

- Children love to copy their parents, so **get involved too!**
- Play outside together, even if it's just a quick kickabout
- Celebrate every little success, even if it's just kicking a ball across the garden!

### 3. Choose Age-Appropriate Fun

- <18 months: Focus on **basic movement** (running, two-feet jumping, rolling) and simple activities like rolling a ball back and forth
- 18 months - 2.5yrs+: Introduce structured play like **Little Kickers football sessions**
- 2.5yrs+: Structured play, like **Little Kickers football sessions**, that teach teamwork and build on coordination while developing bigger and more refined movements

### 4. Keep Sessions Short and Sweet

- Attention spans are short—keep activities **going for as long as your child is still actively engaging**

### 5. Encourage, Don't Criticise

- Use **positive reinforcement** ("Great job trying that kick!")
- Avoid comparisons to other children
- Make sports about **fun, not perfection** – let them enjoy every kick, jump, or run!

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### Want to Try a Fun Football Class?

✅ **Book a Free Little Kickers Taster Session Today!**

📍 Available in **Chester, Ellesmere Port & Runcorn**