

BC Blind Sports has created a DVD and written guide that shows parents how to encourage physical activity in preschool children who are visually impaired, including children who are:

- Blind;
- Visually impaired;
- Deaf-blind; or
- Blind or visually impaired with an additional disability.

Please contact us if you would like a copy of the DVD and/or written guide, or if you have any questions regarding physical activity for people with visual impairment. We are here to help.

DVD only \$5  
DVD & Resource Guide \$30  
Shipping extra



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*Everything is possible with your child that is visually impaired. There are people out there and resources out there that can help. And are more than willing to help.*

–Winnie,  
mother of Alethea

## **ENCOURAGING PHYSICAL ACTIVITY for PRESCHOOLERS with VISUAL IMPAIRMENT**

**A DVD & WRITTEN GUIDE  
for PARENTS**



**PRODUCED BY:**

**British Columbia  
Blind Sports &  
Recreation  
Association**

**www.bcblindsports.bc.ca**



Getting through life is easier for anyone if they are physically fit.

**But it's even more important for children who are visually impaired.**

Everything from walking to eating can take more energy and coordination for them. The fitter they are, the easier (and more fun!) life will be.

Encouraging physical activity from an early age will help your child be healthier—physically, emotionally, and socially—for the rest of their life.

## Benefits

### Physical

Physical activity improves:

- Muscle and bone development;
- Coordination, and
- Overall health.

### Emotional

Physical activity is fun!

It can also provide:

- Stress release;
- Something to look forward to; and
- A sense of acceptance and accomplishment.

### Social

Socially, physical activity facilitates:

- Interacting with new people;
- Making friends; and
- Learning to play.

**It's never too early or too late to help your child be more physically active.**

