



After School Activities: Promote Healthy Development

Many of the after school activities available to your child can also help him/her achieve physical and emotional growth and development. Through private agencies or community activities, your child can improve social skills, strength, balance, coordination and agility while having fun with new and old friends.

Activities such as community or school **soccer, basketball, baseball, and softball** programs provide children with the opportunity to work on social skills, hand or foot/eye coordination, strength and agility.

Karate and other martial arts work on core strength, balance, agility, focus and attention -- great for those high energy kids who need a place to direct their energy.

Gymnastics offers a variety of input to the different sensory systems and helps develop strength, coordination and balance.

Swimming provides great sensory input. It provides deep pressure to joints and works on upper extremity and trunk strength.

Horseback riding can be therapeutic or just fun! This activity works on core strength and balance. It also provides many opportunities for sensory input.

Jump rope clubs are great for kids who are working on social skills. Jumping also helps with endurance, sequencing and timing.

Scouting is a fun place for social engagement with adult leadership. These groups provide opportunities to develop social skills without the sports component.

Dance classes are a non-competitive way for kids to work on strength, coordination, agility, timing and sequencing.

Family outing ideas:

Seacoast Science Center: www.seacoastsciencecenter.org

New Hampshire Children's Museum: www.childrens-museum.org

Recreation departments offer inexpensive activities. Visit local town websites.

UNH students are a great resource for families who need assistance for their children to participate in group activities. Many of these students will work as one-to-one aides. Contact the College of Health and Human Services at <http://www.chhs.unh.edu/>

There are so many activities that are beneficial to a child's development.
Consult with a professional to find out about programs that would be best for your child.