

Helping Children Be Active: Parents Are Role Models

Children copy whatever their parents say and do. Parents are the most important teachers a child will ever have. You make a difference



You Can Help Your Child Be Active!

- Limit television, video game, and computer time at home



• Walk, walk, walk whenever you can. Walk to the nearest park — call the Neighborhood Parks Council at 621-3260.

- Work in a garden, sweep the floor to music, or just dance at home



- Play outside, play strong, and play safe

You can explore the San Francisco attractions that both children and adults find fun and educational!



See the other side of this page for ideas.



Not sure how to get there? Call 673-MUNI (6864) for bus information or visit www.sfmuni.org!



—Peter Vaernet, RN, Childcare Health Project



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San Francisco Department of Public Health, Maternal and Child Health Section 1-800-300-9950

<http://www.dph.sf.ca.us/php/chdpnewsletters/chdpnewsletters.htm>

Places To Go In San Francisco

Presidio Heights, Laurel Heights, & Richmond:

- ★ Golden Gate Bridge: scenic walk
- ★ Presidio National Park: beautiful hikes by the Bay, & historical sites

Golden Gate Park:

- ★ great place to walk, bike, skate, run, play, see the birds, bison, turtles, fish, & more
- ★ Sundays JFK drive closed for family activities

Lakeshore, Stonestown, & Merced:

- ★ SF Zoo: see & learn about all kinds of animals
- ★ Ocean Beach: take a walk, see big ships, build sandcastles, and play games
- ★ Lake Merced: walk, fish, or boat
- ★ Stern Grove: walk, picnic, dance at free Sunday summer festival events

Glen Park, Diamond Heights, & Twin Peaks:

- ★ Glen Canyon Park: fantastic canyon for hiking

Excelsior:

- ★ Crocker Amazon Park: new playground (Geneva & Moscow), soccer & baseball fields, tennis & basketball courts, and skateboard park
- ★ McLaren Park: fantastic hiking trails, great views, tennis

Marina & North Beach:

- ★ Fisherman's Wharf & Pier 39: sea lions, outside performers
- ★ Pier 7 ½: long pier for full view of the beautiful Bay & Bay Bridge
- ★ Marina Green: walk & fly kites, picnic, see boats

Mission:

- ★ Mission Dolores Park: walk & play on the grass, tennis courts

Noe Valley, Castro, Corona Heights, & Duboce Triangle:

- ★ Randall Junior Museum: live animals, science & nature

Bayview/Hunters Point:

- ★ Bay View Hill: amazing park contains rare California plants and fantastic wilderness

