

# Pointers For Parents

## Boating Awash With Benefits For Children

(NAPS)—The results of a recent survey about the benefits of boating may hold water for many parents.

The survey, conducted by Impulse Research Corporation, found that boating can be a positive experience for children in more ways than one. Boating can contribute to kids being healthier physically and psychologically.

The survey, sponsored by the National Marine Manufacturers Association, found that boating can be a way to increase children's physical fitness, spirit of team play, optimism, and self confidence.

Involving children in boating also seems to promote active involvement in other recreational activities such as fishing, camping, football, baseball and hiking.

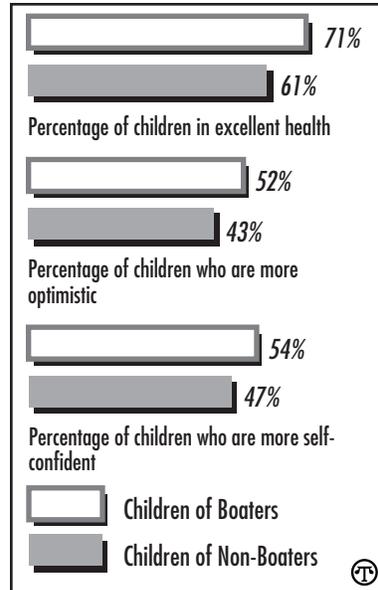
Families who boat reported their children to be healthier than those who don't (71 percent of boaters said their children's health was excellent, as opposed to 61 percent of non-boaters).

While it might seem obvious that boating can promote good health as part of a healthy lifestyle, what many people found interesting was that boating can also help children psychologically.

Children who boat learn to be more outgoing and less shy or introverted, which may be one reason they become better team players (63 percent compared to 53 percent).

The survey also found that children who boat tend to be more optimistic (52 percent to 43 percent).

Since boating helps children learn a range of useful skills and positive attitudes it can help



**Boaters' children are healthier, learn more interpersonal skills and lead more active lives.**

increase their self-confidence. The survey found that children who boat are more self-confident (54 percent to 47 percent) than their peers.

That may also explain why boaters' children (75 to 65 percent) tended to always or sometimes be the leader more often than other children.

Involving children in boating can also lead to more quality time with parents year-round, even in the colder months.

The research project concluded that there are many benefits to getting children involved in boating and learning about them may prompt more parents to take their families on board.