



Parent Checklist for Success

All children have the right to a healthy future. Thank you for investing your time to help give it to them.

Even if your child's school isn't participating in Jump this year, your child doesn't have to skip it – just use this checklist to get started!

Kick-off Jump:

Check out the [Digital Kick-Off Assembly video](#) and select a time to watch it with your child.

Join the National Jump Team at jumpropeforheart.ca to start fundraising and counting your child's healthy habit streak.

Select a healthy habit to track, set a fundraising goal, and update your child's [fundraising page](#) with a photo and personalized story.

After Kick-off:

Talk to your child about the importance of [healthy habits](#) by using our [EASY at Home resources](#).

Check out the [Prize Wish List](#) with your child to see the fun examples of prizes you can purchase at each prize level!

Send emails to friends and family and post on social media, tagging [@HeartAndStroke](#) and using the hashtag [#JumpRopeForHeart](#).

Share why you're participating and make sure to share your fundraising page link! Try using the [email and social templates](#) found within your [Participant Centre](#).

Login to your [Participant Centre](#) daily to track your child's healthy habit streak and check in on fundraising progress.

Event Day:

Pencil in a date to celebrate and Jump! We suggest two weeks after you watch the Digital Kick-off video with your child.

Check out the [Virtual Event Day](#) video and watch it with your child to celebrate!

Jump even higher and continue your event day after watching the video. Take a family hike, practice skipping skills, have a family dance party – the fun ideas are endless!

Once complete, download a [participation certificate](#) for your child, and share the [recognition video](#) with your child and donors as a thank you!

Join the National Jump Team at jumpropeforheart.ca to start fundraising and counting your child's healthy habit streak. Have fun!

Jump for Joy – and help kids across Canada!

