

Physical activity for children

Being physically active is important for the healthy growth and development of babies and children. Babies should be encouraged to be active throughout the day in ways like crawling, reaching, and grasping. Young children should be keeping active in ways such as walking, running, or dancing.

Babies – 30 minutes of tummy time a day

Toddlers- 3 hours of light physical activity indoors and outdoors

Pre Schoolers – 3 hours of physical activity.



Benefits of physical activity-

- Increased sleep
- Social and emotional development
- Development of skills and coordination
- Learning through exploration
- Fresh air
- Lowers stress and anxiety

Ideas on how to keep your children active-

- tummy time
- playing with blocks and other objects
- messy play
- jumping
- walking
- dancing
- swimming
- playground activities
- climbing
- skipping
- active play, like hide and seek
- throwing and catching