



KEEPING YOUR CHILD ACTIVE FROM 0-5



Being active is important for babies and young children to grow healthy and set healthy habits for life.

All babies and young children benefit from a mix of physical activity, often from unstructured and active play time.

Physical activity in the first five years helps:

- Achieve and maintain a healthy weight
- Build strong muscle and bones
- Improve balance, movement, and coordination skills
- Promote mental, emotional, and social wellbeing

For Infants (birth to 12 months)

Before they are mobile you can:

- Supervise interactive floor-based play – the more the better
- At least 30 minutes of tummy time over the course of the day while awake – including moving their arms and legs
- Reaching and grasping for objects

Once mobile it can be through:

- Crawling – you can set up easy obstacles for them to navigate
- Pulling up to a standing position and moving while holding onto things
- Walking (in some cases)

For Toddlers (1 to 2 years)

The more they partake in physical activity the better, this can include:

- Running – playing tips, ball games, or races in the park
- Twirling and jumping – at the park or by creating obstacles at home
- Dancing and skipping
- Walking (in some cases)



For Preschoolers (3 to 5 years)

Should be active for at least three hours each day and should include one hour of energetic play such as:

- Running – playing tips, ball games, or races in the park
- Kicking, throwing, and jumping – at the park or at home
- Dancing and skipping

