



GET ACTIVE EACH DAY

Active play is an important part of being healthy. It helps children build strong bones and muscles, improve balance, concentrate and learn, improve the quality of their sleep and maintain a healthy weight. Active play is also a good way for children to make friends.

Every day babies (under 1 year of age) should:

- be physically active several times a day, particularly through supervised interactive floor-based play e.g. crawling, tummy time.
- have 30 minutes of tummy time including reaching and grasping, pushing and pulling.
- not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or high chair).

Every day toddlers (1-2 years) and preschool (3-5 years) children should:

- be physically active for at least 3 hours, spread throughout the day (including 1 hour of energetic play for preschool children).
- not be sitting for more than 1 hour at a time.

Physical activity can be done in small amounts over the day.

Your child can start slowly and then do a little more each day.

Help your child be more active

- Turn off the TV and go outside to play.
- Play games together (e.g. hide and seek, obstacle courses).

- Get active as a family.
- Go for a walk to the local park.
- Go for a bike ride together.
- Choose active gifts (e.g. bats and balls).
- Let them try a range of activities.
- Let them choose activities that they enjoy.

Turn off the screen and get active!

- Children **2-5 years old** should not spend more than 1 hour a day watching TV, DVDs, or playing computer games.
- Children **under 2 years** old should not spend any time in these activities.
- Find active indoor and outdoor games to play instead of watching TV.
- Limit the amount of time spent playing on the computer by using a roster or timer.
- Do not have a TV, computer or tablet in your child's bedroom.

When being active remember to:

- wear safe and supportive shoes
- wear sunscreen and a hat when outside
- drink plenty of water
- have fun!



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



**MAKE
HEALTHY
NORMAL**

