

Getting kids active

You can help get kids moving in lots of ways. Playing and being active helps kids to:

- build strong bones and muscles
- improve balance, movement and coordination
- boost mental, emotional and social wellbeing
- · sleep well
- · have a healthy weight
- · build confidence
- · improve concentration.

How much activity do kids need?

Babies under 1 year old - several times a day in a variety of ways, including:

- tummy time from birth (at least 30 minutes each day)
- letting your baby play on the floor, reach and grab objects (the more the better)
- encouraging your baby to roll, learn to crawl, balance and stand.

Kids 1 to 2 years old - at least 3 hours of physical activity every day including energetic play. This includes:

- running, kicking a ball or playing in a playground
- twirling and jumping
- dancing
- · skipping.

Kids 3 to 5 years old - at least 3 hours every day, including 1 hour of energetic play. This includes:

- running, ball games or races at the park
- jumping or skipping
- dancing
- walking or riding to a park.

Try to spread the activity over the day and make it fun by encouraging kids to explore.







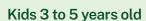
Screen time for kids

As kids grow and develop, they need more time in active play and less time sitting. Screen time is spending time in front of a computer, game, mobile phone, tablet (iPad) or TV. Limiting the time kids spend on screens helps boost your child's physical health and their wellbeing.

Young children should not spend more than 1 hour at a time in a stroller, car seat or highchair. When young children are seated, reading and storytelling with a caregiver is good for their development.

How much screen time?

2 years and under Screen time is not recommended.



No more than one hour a day, less is better.

Activities to help replace screen time

- Tell stories, sing songs and read books
- · Listen to stories by Elders
- Do art and craft
- · Help with cooking
- Learn and play traditional games
- · Play active games like hide and seek



Tips for healthy screen use

- Try to have a screen-free day every week
- Make bedrooms screen-free zones
- Try to eat meals at a table and turn the TV and screens off
- Be a role model and limit your own screen time

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