



Active kids are healthy kids

Get kids moving - play, dance, jump, hop, skip, run, climb and throw balls.

How much activity do kids need?

Babies under 1 year old

Should be active a few times every day.

Start with tummy time from birth (build up to 30 minutes over a day).

Babies like to play on the floor, roll, learn to crawl, balance and stand.

Kids 1 to 5 years old

Should be active for at least 3 hours every day.

Kids 3 to 5 years old

1 hour every day should be very active play like running and jumping.

Kids under 5 years old should not be inactive for more than 1 hour at a time.

Playing and being active helps kids to:

- Build strong bones and muscles
- Improve balance
- Sleep well
- Have a healthy weight
- Build confidence
- Improve concentration



Tips to get active every day

- Join a playgroup
- Ride bikes
- Play with balloons and balls
- Build and play with cardboard boxes
- Walk to a local park
- Dance to music

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Turn off the screen and get active

When kids are watching screens (TV, DVDs, computer, electronic games, tablets, mobile phones) they miss out on being active and social. Sometimes they also miss out on sleep.

Play with kids - they learn better when they play with an adult.

How much screen time?

Under 2 years old

No screen time is best.

Kids 2 to 5 years old

Less than 1 hour of screen time a day.



What else can kids do?

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

Tips for less screen time

- Have a screen-free day every week
- Eat at a table and turn the TV and screens off
- Make bedrooms screen-free zones
- Be a role model and limit your own screen time

For more ideas on being active go to www.healthykids.nsw.gov.au

Illustrations created by artist, Winanggaay May

Sources: Commonwealth of Australia, Department of Health (2017). *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep.*