



# Munch & Move

Munch & Move is a NSW Health program that supports the healthy development of children from birth to 5 years in early childhood education and care settings.

## 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.**



For more ideas go to  
[healthyliving.nsw.gov.au](http://healthyliving.nsw.gov.au)





## 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.

#### Kids 3 to 5 years old

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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For more ideas go to  
[healthyliving.nsw.gov.au](https://healthyliving.nsw.gov.au)

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