



6 Ways to More Active Kids

Physical activity helps children learn about their world!

Activity for Infants – babies love to move too!

1. Let infants be active throughout the day. Give them tummy time, upright time and time on their backs.
2. Touch, hold and have lots of face-to-face contact. Try simple games like Patty Cake and Peek-A-Boo.
3. Limit time in swings and bouncers.
4. Create a safe space for infants to move around – no sharp corners, stairs or exposed electrical outlets.
5. Give infants lots of time playing with safe toys. Use toys that make them want to move – things to kick, push and pull.
6. Watching TV is not recommended for children under age 2 years.



Activity for Toddlers & Preschoolers—what do they need?



1. Offer at least 60 minutes of **free play activity** each day. Playing at the park, in the yard or using an active video can make it fun.
2. Include regular times of **structured physical activity** – at least 30 to 60 minutes a day to help build skills like throwing and kicking.
3. Make “**Move It, Groove It Breaks**” a part of the routine – if children have been inactive for a while, just put on some fun music and dance!
4. Set up a special activity center inside (the posters in the toolbox can help) or spend some time outside teaching basic movements to children.
5. Join children as they move. Doing things with you is fun for them and shows that physical activity is important for everyone.
6. Children older than age 2 should not watch more than 2 hours of TV per day. Choose active videos that get them moving when possible.



Physical activity doesn't have to happen all at once, it can add up throughout the day! Always keep safety in mind and do not leave children alone during activities.

Reference: NASPE (2002). Active Start: A statement of physical activity guidelines for children birth to five years. Reston, VA: NASPE Publications (www.aahperd.org/naspe or 1-800-321-0789).
Jacqueline D. Goodway, Ph.D., School of Physical Activity and Educational Services, College of Education, The Ohio State University