

Be Active Every Day

**Toddlers (1-2 years) and
Preschoolers (2-4 years)**

Health starts at home

The environment where a child lives and plays can make it easier to live an active lifestyle or more difficult.

Look around your home.

- Does it support physical activity?
- Are there safe places to play?
- Is the television turned off when it isn't in use?



**Create an active home
environment**

Canadian Guidelines Recommend 3 Simple Steps



1. Every day, toddlers and preschoolers should be physically active for at least 180 minutes, or 3 hours spread throughout the day.
 - Play inside and outside. Change up the scenery whenever possible.
 - Include activities to develop movement skills like climbing the stairs or kicking a ball.
 - Introduce toddlers to more energetic activities such as hopping, skipping and bike riding.
2. Minimize the time toddlers and preschoolers spend not moving!
 - Limit the time spent inactive to 1 hour at a time. This includes the time they spend in car seats, strollers, and high chairs.

3. For toddlers (1-2 years) - Avoid screen time!

- TV, video games, tablets, computers and other electronics are not recommended.

For Preschoolers (2-4 years) - Keep screen time under 1 hour each day!

- Limit the time spent in front of a TV, computer, tablet or video game.

Help your child to be active



Have family rules around screen time and make sure the screens (TV, video games and computer) are turned off when you are not using them.

Explore and play together.



Start teaching simple skills like throwing and catching a ball.



Make sure your daycare provider has active time too.

