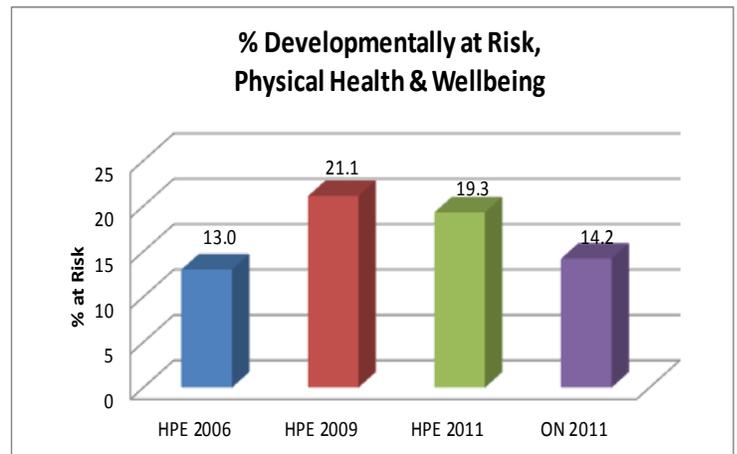




Make Room for Play

Why are the early years important?

Children’s early years are very important for their later learning. The experiences children have in early childhood shape the brain and the child’s capacity to learn, to get along with others, and to respond to daily stresses and challenges.

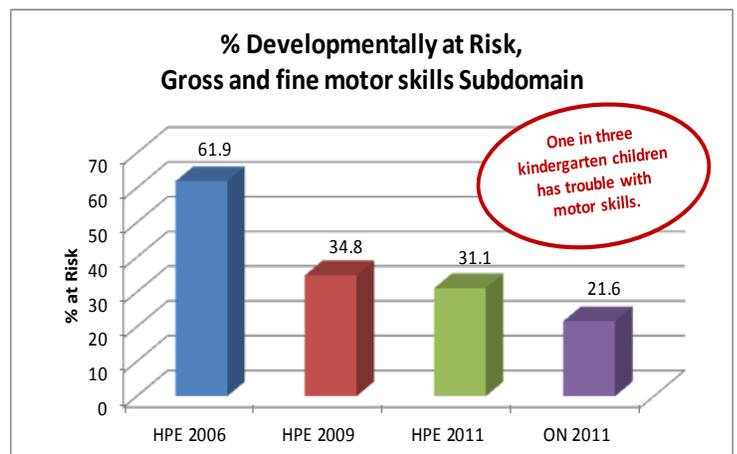


How are our children doing?

The Early Development Instrument (EDI) is a proven and effective way for measuring development when children enter school. One of the five areas measured is **physical health and well-being**.

The area of physical health and well-being where there is the greatest risk is gross and fine motor skill development. There has been improvement, about one in three children in HPE is below expectations.

The results of EDI testing in 2009 and 2011 suggest that about one in five children in HPE is at risk in terms of their physical health and well-being.





- For children 2 years and older - limit screen time to 1 hour per day; less is better.
- For children under 2 years of age screen time is not recommended.



- 3 - 4 year-olds spend approximately 5.8 hours per day in sedentary behaviours.



- 84% of 3- to 4-year-olds in Canada meet the daily recommendation of at least 180 minutes of physical activity at any intensity.

By age 5, children should be progressing to 60 minutes of moderate to vigorous physical activity (active play).



- Only 11% of 3 - 4 year-olds are meeting this recommendation.

Active Healthy Kids Canada Report Card (2014)

Make Room for Play Campaign

(March—June 2015)

The Make Room for Play campaign inspires us to encourage Canadian kids to be as active as possible – to make room for play by turning virtual play into real, active play!

Help spread the word.

Follow the campaign online:



Hastings & Prince Edward
Counties Health Unit

Campaign resources available here
www.hpechildrenandyouth.ca/.

