

Tips FOR Play

FOR ALL LEVELS OF FITNESS
SO YOU CAN PLAY WITH YOUR KIDS & GRANDKIDS



INFANTS (0-1 YEAR)

TODDLERS (1-2 YEARS)

PRESCHOOLERS (3-5 YEARS)

STRUCTURED PHYSICAL ACTIVITY

- Encourage physical activity every day since birth (moving arms, legs, reaching objects)
- Provide objects, toys, and games that encourage infants to move and do things for themselves

- 30 minutes of daily structured physical activity
- Activity should be fun and occur through physical activity as part of play, games, transportation, and recreation
- Encourage activity that helps develop movement skills such as throwing, catching, or kicking a ball

- 60 minutes of daily structured physical activity
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- Focus on participation, not competition

UNSTRUCTURED PHYSICAL ACTIVITY

- Respect natural activity patterns (spontaneous and intermittent)
- Promote gross motor play (develop head control, sitting, crawling) and fun locomotor activities
- Provide a safe, nurturing, and minimally structured play environment, inside and outside

- 60 minutes to several hours of daily unstructured physical activity as part of play, games, transportation, and recreation
- Develop outdoor activities and unstructured exploration under adult supervision such as walking in the park and free play

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- Ensure that free play is fun, safe, and allows for experimentation and exploration
- Include some variation of activities and instruction in unorganized play

DOWNTIME

- Limit screen time, TV and electronic media to 1-2 hours per day
- Replace screen time with interactive activities that promote brain development: singing, talking, playing, and reading together
- Avoid prolonged periods restrained in high chair, stroller, etc.

- No more than 60 consecutive minutes of sitting still with the exception of sleeping
- For children under 2, limit watching TV or electronic media such as DVDs, computer and electronic games
- For children between 2 and 3, limit media time to no more than 1-2 hours per day of quality programming
- Avoid placing TV sets in bedrooms
- Encourage activities such as reading, athletics, hobbies and creative play
- Encourage child to walk instead of using the stroller

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