

Physical activity recommendations for early years (birth to 5 years)

Active children are healthy, happy, school ready and sleep better



BUILDS RELATIONSHIPS & SOCIAL SKILLS



MAINTAINS HEALTH & WEIGHT



CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING



IMPROVES SLEEP



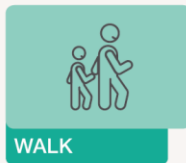
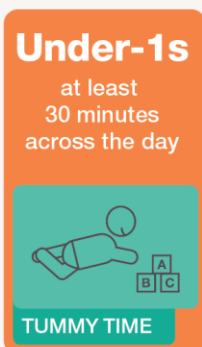
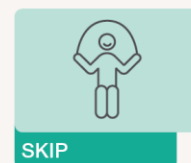
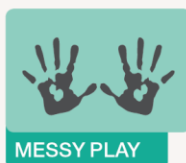
DEVELOPS MUSCLES & BONES



ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes per day
for children 1-5 years



Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Research has shown that young children tend to be more active if their parents participate in physical activity and are active with them, and if they spend more time outside.

Some activities to try:

- Try placing your baby on their stomach on a blanket or play mat on the floor, and get down with them so they have the incentive to lift their head and look at you as you talk.
- Once your baby has started crawling, let them crawl around the floor, but make sure it is safe first. See the NHS Crawling Safety Checklist <https://www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips/#crawling>
- Blow bubbles for your toddler and encourage them to try to catch the bubbles.

If your toddler is walking (or running!), make sure that there are no dangerous obstacles where you are playing.

- Sit with your toddler and play peek-a-boo by hiding your face behind your hands. Once your toddler knows the game, encourage them to use their hands and lead the play.

Progress to hiding behind furniture (indoor) or trees and shrubs (outdoor) and moving in and out of hiding while saying "Peek-a-boo!". Safety check the area first.

- Most importantly aim to be an active, enthusiastic role model in participating in the activity.

Contact details: **Nutrition and Dietetic Services**
Tel: (01225) 824398 (RUH) Tel: (01225) 833916 (St Martin's)

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG 01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.