

10 tips to be more active

for children up to 5 years

While they are not able to walk:

1. Play with them! Give them toys or objects that attract their attention and that they like to fetch in order to develop muscles and coordination.
2. Encourage them to move. Place them in a safe place (blanket, playpen) so they can move freely. Music will motivate them to move.
3. Reduce to less than 45 minutes the time they spend in walkers, child reins, prams or other seats, as these tools limit their movement.



Once they walk:

4. Go out every day for a while. Take them to the playgrounds so they can climb, swing or simply walk. Take them to safe places where they can roller-skate or use their scooters, cycle or simply run. Do not forget to protect them from the sun.
5. Play and dance with them while listening to music they like in order to encourage them to move. When choosing an out-of-school activity, choose first the more active ones.
6. Reduce to less than 2 hours per day the time they spend watching tv or play stations. Children of less than 2 years old should not watch tv at all.
7. Play running and catching games and teach children to throw, kick, bounce and dribble a ball.
8. Reduce to less than 45 minutes the time spent in prams or other seats. Encourage them to walk!
9. Set an example and take the stairs with them whenever possible and be patient and adapt your pace while doing so.
10. Over the weekend engage in activities with family and friends. Go out for walking or cycling, spend some time on the beach or at the swimming pool... You will have a good time and improve your health.



Children younger than 5 years old need to be physically active for at least 3 hours every day. It's easy: 15 minutes of activity each hour during daytime helps you to distribute the child's necessity for physical activity. Adapt these recommendations to the child's level of physical and mental development.

What kind of benefits provides physical activity?

- Improves physical growth and coordination
- Improves self-esteem and mental health
- Helps to sleep well
- Fosters social skills, team games and respect for diversity
- Provides fun!



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