

## Physical Activity

### Benefits of Being Active

Regular physical activity is key to your toddler's growth and good health. It:

- ✓ builds strong muscles and bones
- ✓ strengthens their heart and lungs
- ✓ teaches them new skills like throwing and kicking
- ✓ builds their confidence in walking, climbing and balancing
- ✓ gives them energy
- ✓ improves their posture
- ✓ lowers their stress



### HOW TO Encourage physical activity

- ✓ Try different activities together.
- ✓ Create safe spaces indoors and outdoors for them to crawl, roll and explore. (See [Childproofing Your Home](#))
- ✓ Praise their efforts.
- ✓ Plan activities with other families.
- ✓ Limit their screen time. (See [Screen Time](#))
- ✓ Spend time outdoors.
- ✓ Be physically active yourself.

### Activities to Try

**From 6 to 12 months**, play with your child on the floor several times a day. Try:

- continuing regular tummy times
- putting toys just out of your child's reach so they have to work to get them
- playing physical games, like peekaboo and patty cake
- choosing toys that get your child to move

**From 12 to 36 months**, help your child get at least 3 hours of various activities throughout the day. Try:

- going outside to explore
- throwing a ball
- jumping
- chasing bubbles
- using the slide, swings and climbing gear at the park
- including them in active tasks like walking to the store, cleaning the house, washing the car and gardening
- having them walk rather than ride in a stroller
- swimming and doing other activities at your recreation centre

**From age 3 on**, give your child at least 3 hours of activity each day. Have them spend at least 1 of the 3 hours in energetic play.



### FAMILY STORY

My partner and I knew our daughter would copy what we did. So we started going for an outing every night after work. When she was small, we would put her in the stroller. As she got older, she would walk with us. It was a great time to reconnect while getting fresh air and exercise.



### FAMILY STORY

We lived in a small condo. By evening we were just too tired to take our son to the park again, but he needed more activity. So we set up a small slide in the living room. He loved it!

