

PRE-SCHOOL CHILDREN

It is recommended that infants, toddlers and preschoolers are engaged in physical activities for at least three hours every day; this includes light physical activities such as walking as well as vigorous activities such as running and jumping to develop strength and fundamental movement skills.

The time that children spend in front of the television or playing computer games should be limited, as well as the time spend in other seated activities or in strollers, stationary play centers, highchairs, pushers, car seats or baby carriers. Sedentary periods should be kept to less than one hour at a time, with the exception of sleep time.

Parents and caregivers function as examples to infants, toddlers, preschoolers and children. The more active parents and caregivers are, the more they engage their children in active play and therefore children will themselves be active and develop good habits of engaging in physical activities. Which will carry on to later stages of their development and to lifelong participation in sports.

Parents and caregivers can provide opportunities to children to be more physically active through providing them with play equipment such as balls, hoops, ropes, chalk, outdoor play areas, etc. Parents can take their children to the swimming pool, the local ice rink, for a walk or hike through the local forest off the walking paths, dance with their children in the living room, play catch or go for a training bike or balance bike ride.

OUR RECOMMENDATIONS

- Offer daily structured and unstructured physical activity
- Encourage and support your child's interests
- Do physical activities together as a family
- Ensure balance between physical activity, sport participation, school, family- and free-time
- Limit screen time
- Provide a healthy diet and hydration
- Listen to your child and ask them to relate their experiences
- Focus of physical activity is on development of fundamental movement skills, balance, coordination, speed and agility