

# ACTIVE KIDS ARE HAPPY KIDS

**Being active is important for all children as they grow and develop. Young children should be given plenty of opportunity to move throughout the day.**

**The Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) says that active play is the best form of physical activity. It involves:**

- Indoor and outdoor play
- Active transport (such as walking) and everyday activities
- Tidying up toys and helping to put the groceries away.

**The benefits of being active for young children include:**

- Builds strong bones and muscles
- Improve balance
- Is a good way to make friends and develop socially
- Helps children maintain a healthy weight
- Develops new skills.

## Birth to 1 year

Physical activity should be encouraged from birth. The best way for babies to be active is through supervised interactive floor-based play in safe environments eg, time on the tummy to play. This helps babies to practice movements such as reaching, pulling, pushing, grasping and playing with objects.

## 1-5 years

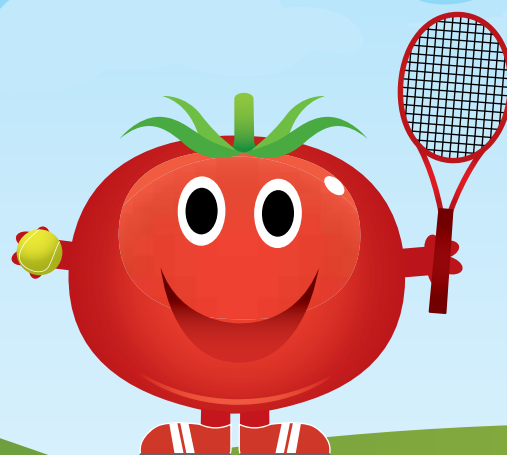
The skills developed from the ages of 1 to 5 years range from crawling to learning to walk, through to running and throwing and catching a ball. At no other time throughout a child's life will they ever learn as many physical skills. Children need to be encouraged to be active whenever possible.

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## Getting kids active at home

Being physically active with your child at home is a great way to help them practice new skills that will allow them to live healthy and active lifestyles.

- Use old milk bottles as skittles and play ten pin bowling
- Keep a balloon off the floor using your hands and feet
- Make balls with scrunched up newspaper and throw them into a bucket
- Draw lines on the concrete with chalk and see how far your child can jump or leap
- Draw targets on an outside wall with chalk and practice target throwing
- Kick a ball around in the backyard or walk to your local park
- Put some music on and dance! When the music stops freeze in a stalk position
- Play hide and seek in the backyard or in the park
- Play catch with your child - smaller balls are harder to catch so start off with a larger ball for younger children



### Other ways to get kids active

- Walk or ride instead of driving - if you live close to the shops, to the park or to preschool, why not walk or ride your bike?
- Get your child to help you do the housework. Dusting, vacuuming and folding the washing are great ways to keep your child active.