

# Are you making your move as a family?

Do you want to give your child the best start in life?

Physical activity is as important to a child's development as numeracy and reading and writing. Encouraging your child to be physically active may help in leading a healthy, active lifestyle later on as an adult.

## Benefits

-  Develop strong bones, muscles and hearts
-  Develop good motor skills including balance and coordination
-  Supports good social skills which is great for making friends
-  Helps to maintain a healthy weight
-  Helps to enable your child to sleep well
-  Boosts your child's confidence and emotional skills



## How much physical activity should children under 5 be doing?



Under-1s - at least 30 minutes across the day (tummy/floor time). Start slowly and build up








1-5 years - 180 minutes (3 hours) per day



## Every movement counts

It's very important to make sure you break up long periods of time where your child is sitting or restrained (i.e. in a car seat), except for time spent sleeping.

## Top tips!

-  **Best place is home!**  
Make sure being physically active is part of your day to day life
-  **Moving more as a family!**  
Leading by example means that children are more likely to copy you
-  **Break it up!**  
Make sure you break up long periods of sitting
-  **Positivity and praise!**  
Saying well done will help boost their confidence
-  **Technology**  
Use your technology in a positive way!



# Under-5s Activity Ideas



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Many thanks to Active Together and Leicestershire County Council Public Health for providing and sharing the content of this document



# Get active wherever you are!

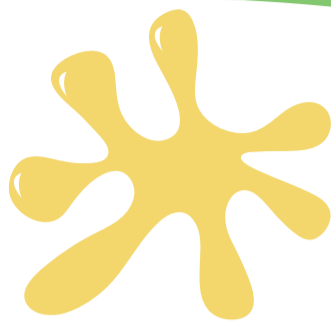
Here are some suggestions for you to try with your child/children to help them achieve the recommended amount of daily physical activity....



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## Tummy Time!

Do some tummy time, encourage babies to reach and roll for their favourite toys.



## Messy Play

There are plenty of ways for your child to explore the art of getting messy! Start with different foods like jelly or spaghetti hoops.



## Move + Shake!

Put on some music and dance with your little one! This will work their strength and balance.



## Catch the Bubbles!

Blow some bubbles and encourage your children to chase and pop them.



## Act + Sing!

Act out their favourite nursery rhymes... There are plenty to choose from!



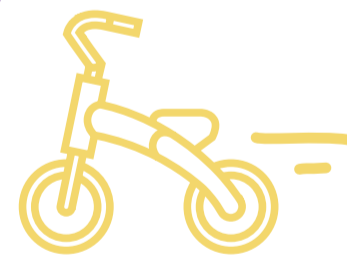
## Outdoor Play!

Visit the local park or play area and enjoy some fresh air!



## Make some noise!

Use saucepans and wooden spoons to make a drum kit to bang on!



## Get climbing..

You can create mountains out of sofa cushions and pillows. It's great for strength and balance.



## Go for a ride

Get out and about - balance bikes, tricycles and scooters are a fun way to get moving!



## Sensory Play

Try using natural materials for sensory exploration e.g. sand, soil, leaves, flowers, water



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