

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 her heart and lungs
- ✓ teaches her new skills like throwing and running
- ✓ builds her confidence in walking, climbing and balancing
- ✓ gives her energy
- ✓ improves her posture
- ✓ lowers her stress



HOW TO

Encourage physical activity

- ✓ Try different activities together.
- ✓ Create safe spaces indoors and outdoors for her to crawl, roll and explore. (See [Childproofing Your Home](#))
- ✓ Praise her efforts.
- ✓ Plan activities with other families.
- ✓ Limit her 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:

- putting toys just out of her reach so she has to work to get them
- holding and rocking her
- playing physical games, like peekaboo and patty cake
- choosing toys that get her 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 her in active tasks like walking to the store, cleaning the house, washing the car and gardening
- having her 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 her spend at least 1 of the 3 hours in energetic play.



FAMILY STORY

My husband and I knew our daughter would copy what we did. So we started walking together every night after work. When she was small, we would put her in the stroller. As she got older, she walked beside 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!

