

## CHILDREN 0 - 5 YEARS

# ACTIVE PLAY, SITTING AND SLEEP

### Plenty of moving helps children



Develop



Learn



### Keeping them



Happy



Confident



Healthy

### Each day children need

#### 0 - 1 YEAR

A variety of activity  
and floor play



non-crawlers

**30 mins**  
tummy  
time

#### 1 - 5 YEARS

A variety of physical  
activities

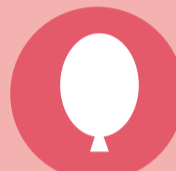


**3 hours**  
across the  
day



Good quality sleep

### Tips for more activity and sleep



Balloon, ball or bubble games



Dig in the sandpit or garden



Build cubbies indoors or  
outdoors



Put screens away well before  
bed time

### Children need help to limit

Daily screen  
time

None for 0 - 2 years

1 hour for 2 - 5 years



#### Sitting time

In high chairs, prams, car seats

No more than

**1 hour**



Excluding sleep

### Tips for less sitting and screens



Make the bedroom screen free



Break up car travel



Swap tablets for books