

DID YOU KNOW?



**Did you know that your child needs to be active every day from the time they are born?** Playing is a great way for your child to get the exercise and activity they need.

**Help your children be active every day.**

Physical activity is important because it helps your child sleep better and prevents an unhealthy weight.

Exercise is also great because it:

- Brings the family together in a fun way
- Builds good habits
- And gives you more energy

**The kind of physical activity your child can do depends on their age.**

You can help young **babies** be active by helping them to:

- Play on their tummy several times a day. This helps them stretch their neck, and strengthen the muscles they need to crawl
- Sit and reach for toys and
- Give them time on the floor to practicing crawling

Limit your baby's time in swings, strollers, or bouncer seats to less than 30 minutes a day!

Let your baby crawl or scoot around in a safe place instead. And get on the floor with them too!



**Toddlers** may seem like they get lots of exercise. But you can help them to stay active by :

- Taking a family walk with you and their big brother or sister.
- Making an obstacle course with couch cushions.
- Playing games like hide-and-seek, follow the leader or tag,
- Playing with a pet.
- Take the stairs instead of the elevator.
- Having a dance party: Play fun music and dance with your toddler. Don't be shy about your dance moves!

JUMP!  
HOP!  
SLIDE!  
SWIM!  
CRAWL!

**Older children** need your help to stay active too. Some of the ways you can help are by encouraging kids to play games. Make a game basket. Write the names of different games down on pieces of paper with instructions and make sure you have all the supplies they need for games like:

- Freeze tag, hopscotch, jump rope, hide-and-seek, leap frog, scavenger hunt

Be active too! Choose an activity you enjoy and **be a good role model**. Kids are more likely to do what they see their parents doing, than do what you tell them to do. And don't forget you can be active inside and outside.

START SMALL  
by planning  
**10 MINUTES**  
a few days a week.



Take a walk, throw a ball or do active chores together as a family. Choose a time when everybody can easily stick to the schedule. Write it on a calendar where your children can see what they have done! Over time, you can add to your family's active time and celebrate new goals!

## LET'S GET MOVING!

Moving and dancing is a great way to keep our bodies healthy and strong!

### FAMILY DANCE PARTY

Turn on some music and dance together from room-to-room in a conga line. Stop the music every once in a while to play "Freeze Dance!"

### RED LIGHT, GREEN LIGHT

When you say "green light," your child has to run fast, then stop when you say "red light." Allow your child to say "red light, green light" for you to stop and move, too!

### ANIMAL MOVES & GROOVES

Take turns pretending to move like different animals and guess which animals they are!

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