

Physical activity

Being active is important for your child's health. It helps them develop movement skills, social skills, a strong heart, muscles and bones, keep to a healthy weight and much more.

Children under five need at least 180 minutes (three hours) physical activity each day. Remember your child doesn't have to do this all in one go.



Ideas for active play with your child

- ✓ Play games together with simple equipment such as balls, bats and boxes.
- ✓ Play chasing games like tag.
- ✓ Set aside time to do something as a family like walks, visits to the local park or swimming.
- ✓ Choose toys for birthday presents which will encourage your child to get active.
- ✓ Have one of your child's friends around to play – children are more active with a play mate.
- ✓ Do action songs and nursery rhymes.
- ✓ Focus on what they can do instead of what they can't.
- ✓ If possible, walk to nursery or pre-school.

Don't forget healthy eating is important too!

For more information visit www.publichealth.hscni.net www.bhf.org.uk or www.nhs.uk/change4life