

TUCKER TALK TIPS **4** kids

MOVE, PLAY AND BE ACTIVE



MY MESSAGE TO YOU

AGED 1 - 5 YEARS

Should be active every day for at least three hours.

- Children don't need to do their activity all at once; it can be done throughout the day.
- Outdoor active play is especially important.

AGED 5 - 12 YEARS

Need to be active for at least 60 minutes every day.

WHY SHOULD MY CHILD BE ACTIVE?

BEING ACTIVE EVERY DAY CAN:

- Help your child to grow
- Support brain development
- Improve balance, movement and co-ordination skills
- Build social skills through playing with other children
- Build strong bones and muscles
- Help maintain a healthy weight
- Encourage self-confidence and independence
- Be fun for all the family



TIPS AND IDEAS

1 - 5 YEARS

Activity doesn't have to be sport or exercise. It can include moving around and playing. Do activities together such as:

- playing with different sized balls or balloons
- dancing or moving to music or singing songs with actions
- playing games – try hide-and-seek, obstacle courses or follow the leader
- blowing bubbles and chasing them through the air.

5 - 12 YEARS

Some activities should make your child 'huff and puff'. Does your child enjoy the following?

- Bike riding
- Footy or netball
- Running
- Swimming
- Skipping
- Brisk walking

MOVE, PLAY AND BE ACTIVE

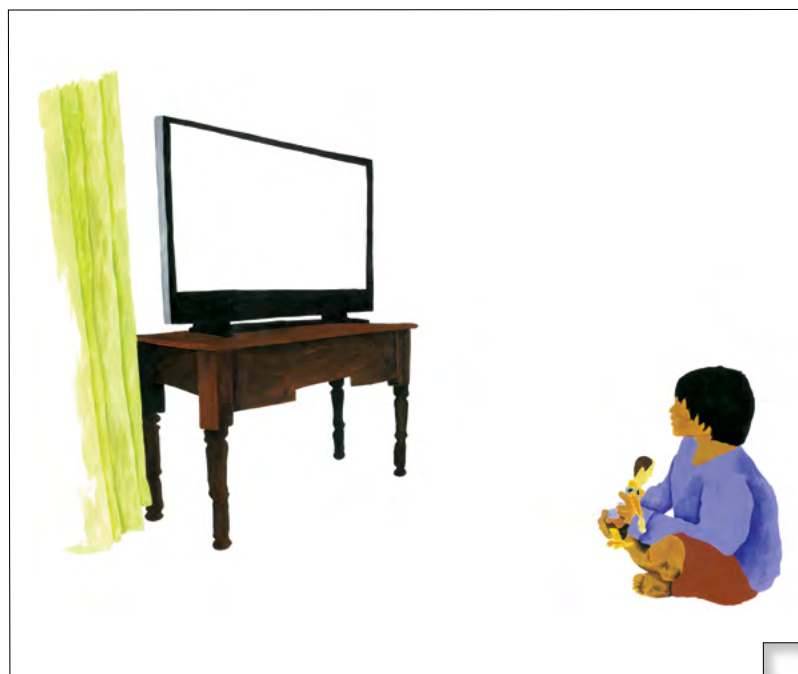
WHAT ABOUT TV, THE INTERNET AND COMPUTER OR VIDEO GAMES?

WHY IS REDUCING SCREEN TIME IMPORTANT?

- Spending lots of time in front of a computer or TV leaves less time for activity
- Too much time spent sitting can make it hard for kids to be a healthy weight

HOW TO REDUCE SCREEN TIME

- Switch off the TV at meal times
- Turn the TV off after the program your child has watched is finished
- Set limits and have rules around TV and computer time
- Make your kids' bedrooms TV and computer free
- Play music or CDs instead
- Try not to use TV as a reward



HOW MUCH SCREEN TIME?

UNDER 2 YEARS

Not recommended

2 - 5 YEARS

Less than 1 hour per day

5 - 12 YEARS

No more than 2 hours per day

Regardless of how active your child is, it is still important to limit time spent sitting in front of a screen.

Active Every Day – Too Deadly!

