

## Healthy and Active Lives for Children Ages 3-5

(Adapted from HealthyChildren.Org from the American Academy of Pediatrics)

### Physical Activity

- Get the whole family involved. Go for bike rides, kick a soccer ball, or play catch. Your child learns how to be active from you.
- Preschoolers have a lot of energy! Turn off the TV and bring your child to the park to climb the jungle gym or play on the swings.
- Give your child plenty of unstructured playtime (games without rules or directions), like running, kicking balls, and dancing to burn off that extra preschooler energy!
- If you have more than one child, get them playing together! Dancing, “follow the leader,” and hide and seek are all good ways for kids to have fun with each other.
- This is a great age to start organized sports like soccer or T-ball. Age 4 is also a great time to start supervised swimming lessons. If these aren’t available near your home, you can still offer toys like plastic bats and balls to make active play fun.



Preschooler.thebump.com

### Screen Time (TV & On-line)

- Make time each day to turn off the TV, computer, smartphone, and iPad. Let your toddler play with other children his age or with his brothers and sisters.
- If the only way you can get a break to do the dishes or talk on the phone is to let your child watch TV, set a timer for 30 minutes. Get as much done as you can in those 30 minutes, then turn off the TV.



Amazon.com

- When you let your child watch TV, make sure the show is meant for preschoolers and doesn’t have commercials f
- or unhealthy foods or shows for grown-ups. The easiest way to do this might be by using a DVD or On Demand programming.
- Keep the TV out of your child’s bedroom. Watching TV, especially before bed, can affect your child’s sleep. Instead of letting your young child fall asleep to the TV, create a special bedtime routine that you do together every night, like reading books or singing soothing songs.
- If you’re going to let your child play video games, try to use games that encourage kids to be active and move as part of the game. Set a timer when they play video games to make sure they don’t play for too long.