



Have a Ball Together!

best start
meilleur départ
Resource Centre/Centre de ressources
by/par health **nexus** santé

Project funded by:
LAWSON
FOUNDATION

Physical activity for 1.5-2.5 year olds

Physical activity is important for all children – even toddlers who still may be a little unsteady on their feet. For toddlers, physical activity is all about exploring new challenges and having fun with movement!

24-Hour Movement Guidelines

Move

- Toddlers (1 to 2) should be physically active at least 180 minutes a day, including energetic play – more is better.

Sleep

- 11-14 hours a day, including naps, with consistent bedtimes and wake-up times.

Sit

- Not being restrained for more than 1 hour at a time (such as stroller or high chair).
- Screen time is not recommended for those younger than 2.
- For those aged 2, screen time should be no more than 1 hour.
- When sedentary, reading, storytelling and similar activities with a caregiver is encouraged.

Benefits

Physical activity helps your toddler:

- Build a healthy heart, lungs, bones, muscles and joints
- Increase energy
- Improve coordination and balance
- Develop social skills
- Nurture imagination and creativity
- Better control their emotions
- Build a foundation for more difficult movement in the preschool years

Skills to Develop

Here are some physical skills you can help your toddler develop:

- Walking up the stairs
- Pushing and pulling objects while walking forward
- Running
- Walking backwards
- Kicking a ball
- Jumping with 2 feet





Have a Ball Together!

best start
meilleur départ
Resource Centre/Centre de ressources
by/par health **nexus** santé

Project funded by:
LAWSON
FOUNDATION

Physical activity for 1.5-2.5 year olds

Tips

To help your toddler develop their movement skills, you can:

- Choose age- and skill-appropriate activities.
- Provide lots of opportunities to explore movement.
- Be an active role model and play with your toddler.
- Make sure the activity is fun so your toddler enjoys their active time.
- Explore different types of physical activity so your toddler can figure out what they enjoy.
- Keep your toddler interested by providing lots of variety.
- Involve your toddler in picking what games and activities are played.
- Try something active instead of watching the TV.
- Encourage outside play as children are more active when outside.
- Remember to be positive, enthusiastic and provide plenty of encouragement.

Activity Ideas

Here are some activity examples to get your toddler moving:

- Roll a ball for your toddler to chase.
- Help your toddler build a fort out of cushions, blankets and chairs.
- Sing songs with actions.
- Have your toddler move like different animals.
- Use a bed sheet like a parachute.
- Try to keep a balloon in the air.
- Dance around with ribbons or scarves.
- Practice throwing a stuffed animal into a laundry basket.
- Push a doll in a stroller or pull a stuffed animal in a wagon.
- Try a game of bowling with plastic bottles.

Whether at home, in childcare, at school, or in the in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!

References

Canadian Society for Exercise Physiology (<http://csep.ca>)

Nipissing District Developmental Screening (<http://www.ndds.ca>)

For more information, tips and activity ideas, visit haveaballtogether.ca