

# Active Play

To Promote Healthy Weights  
in Children 2-5 years Old



Children need active play every day to be healthy. Active play is any activity where your child is moving.

Aim for 90 minutes of active play each day. This does not have to happen all at once – spread activities throughout the day.

Be sensitive to your child's needs. Remember that each child is unique – what one child likes may not appeal to another. Help your child choose active play that is fun for them. Choose active play that is focused on participation rather than competition. Explore activities such as going up and down slides or dancing to music with family and friends.

One of the best ways to be sure that you have an active child is to be active yourself. Be a role model for active living – actions speak louder than words. When your child sees you being active and having fun, your child is more likely to be active.

---

EAT HEALTHY FOODS TOGETHER, BE ACTIVE  
EVERY DAY AND LOVE YOUR OWN BODY. YOUR CHILD  
IS LEARNING FROM EVERYTHING THAT YOU DO.

---

For more active play ideas and tips, go to [www.2010legaciesnow.com/leap\\_bc/](http://www.2010legaciesnow.com/leap_bc/)  
Physical Activity Line: Dial 811  
Dial-A-Dietitian: Dial 811 or call toll-free: 1-800-667-3438  
Greater Vancouver: 604-732-9191  
Or visit [www.dialadietitian.org](http://www.dialadietitian.org)

## TIPS FOR BEING ACTIVE

- 1** Plan fun, energetic things to do as a family and with friends.  
Go outside and explore together. Throw a ball, chase bubbles, play in the park, ride your bikes, or go on a scavenger hunt.
- 2** Include your child in daily activities.  
Involve them in cleaning the house, gardening, walking to the store, or cooking healthy meals.
- 3** Check with your local recreation centre or public health unit about activities for you and your child.  
Your community may have many different places that offer fun activities such as family places, neighbourhood houses, or community centres. Many activities are low cost or free. Try ice skating, or family swims.
- 4** Limit your child's screentime to one hour a day.  
Also set limits on the amount of time your family spends watching TV, playing video games, and being on the computer. Do not have a TV in your child's bedroom. Help your child find other fun things to do, such as playing shop keeper, building with blocks, building a fort, playing hide and seek, or dancing to music.

Plan ahead to help fit active play into your busy days. Try using the *Keeping Active Together* planner at [www.dietitians.ca/healthystart/Active\\_Living\\_Planner.pdf](http://www.dietitians.ca/healthystart/Active_Living_Planner.pdf)



ActNowBC

Nutrition  
LINK  
services society

