

Encourage walking to local parks/shops

Encourage large action songs/ rhymes- head shoulders knees and toes, incy wincy spider etc.

Put music on and encourage dancing & movement

30 mins everyday active play- hopping, tummy time etc.



Encourage walking by reducing time in push chair

10 Top Tips
for becoming
more active



Play sports activities- swimming, cycling and throwing



Parents/ Carers engaging in play with children

Reduce screen time, cut down to 10/15 minutes a day

Encourage children to take on tasks- assist in making their bed, pick up toys and getting dressed

Include fruits & vegetables and healthy drinks as part of their diet