Grow
Early Education

Keeping Your Child Active from 0–5

Being active is important for babies and young children to grow healthy and set healthy habits for life.

All babies and young children benefit from a mix of physical activity, often from unstructured and active play time.

Physical activity in the first five years helps:

- Achieve and maintain a healthy weight
- Build strong muscle and bones
- Improve balance, movement, and coordination skills
- Promote mental, emotional, and social wellbeing

For Infants (birth to 12 months)

Before they are mobile you can:

- Supervise interactive floor-based play – the more the better
- At least 30 minutes of tummy time over the course of the day while awake – including moving their arms and legs
- Reaching and grasping for objects

Once mobile it can be through:

- Crawling – you can set up easy obstacles for them to navigate
- Pulling up to a standing position and moving while holding onto things
- Walking (in some cases)

For Toddlers (1 to 2 years)

The more they partake in physical activity the better, this can include:

- Running – playing tips, ball games, or races in the park
- Twirling and jumping – at the park or by creating obstacles at home
- Dancing and skipping
- Walking (in some cases)

For Preschoolers (3 to 5 years)

Should be active for at least three hours each day and should include one hour of energetic play such as:

- Running – playing tips, ball games, or races in the park
- Kicking, throwing, and jumping – at the park or at home
- Dancing and skipping

Source: health.gov.au