

ACTIVE PLAY

Healthy habits start earlier than you think. Active play is a healthy habit to develop. Why? Active play is fun. At the same time, children learn a lot of skills such as:

- eye-hand coordination
- large muscle skills (e.g., running)
- small muscle skills (e.g., picking up a small ball).



Active play is required for healthy growth and development. It builds confidence, basic movement skills, and helps a child to:

- play with others
- develop an imagination and self-esteem
- stay healthy.

Children aged 2 to 5 years should play actively for at least one to two hours every day.

Active play can happen during the day as part of play, games, transportation (e.g., walking), or a family activity such as swimming or skating. Your child learns from you. Remember you are her greatest teacher and role model.

If you are active, she will also be active.

Some examples of how you can include active play both indoors and out include:

- Put on some music and dance or move around.
- Create an obstacle course and crawl under, climb over, or move around the obstacles.
- Go for a walk around your neighbourhood (this also helps your child become familiar with the school and the way to school).
- Roll, throw, catch, and kick balls of different sizes.
- Go skating or swimming.
- Visit the park or playground.



So, go play with your child! You are your child's favourite toy. There is nothing in the world your child would rather do than play with you!