

Make Time for Play Time!



***Ideas to keep your child
physically active.***

Physical Play

The American Academy of Pediatrics recommends that infants and children engage in physical activity daily. Physical activity is needed for your child to grow healthy and develop properly.



Recommendations

Infants:

- Stay active several times a day in different ways.
- Infants should not stay in strollers or high chairs for more than 1 hour at a time.
- ! *Screen time is not recommended.*

Children aged 1-2 years:

- At least 180 minutes (3 hours) of physical activities throughout the day.
- ! *For 1-year-olds, screen time is not recommended.*
- ! *For 2-year-olds, screen time should be less than 1 hour.*

Children aged 3-5 years:

- At least 180 minutes (3 hours) per day, with at least 60 minutes (1 hour) of physical activities such as walking, running, or anything that makes their hearts beat faster.
- ! *Screen time should be limited to no more than 1 hour.*

Children 6 years and older:

- 60 minutes of daily physical activities that make their hearts beat faster.
- ! *Screen time should be limited to no more than 2 hours.*

Health Benefits

- Strong bones and muscles
- Prevent diseases
- Enhances social skills
- Better coordination
- Improves problem-solving skills
- Self-confidence
- Healthy weight

When kids enjoy different kinds of active play early on, it can grow into a lifelong healthy habit.

Resource:

- Making Physical Activity a Way of Life: AAP Policy Explained - [HealthyChildren.org](https://www.healthychildren.org)

Activities

Let Baby Move!

Get your baby out of the crib, playpen or infant seat and let him move!

Shake It Up!

Move your body and shake a rattle. Have your baby try to do what you are doing and move the way you are moving.

Bubble Burst

Put your baby in a high chair. Make sure your baby is strapped in. Blow bubbles within your baby's reach. Show him or her how to pop the bubbles.

Row, Row, Row Your Boat

Sit on the floor and sit the baby between your legs. Face forward. Hold a cardboard tube (from a roll of paper towels) in front of the baby's arms so you are both holding onto it. (Make sure your baby doesn't put the cardboard roll in his mouth!) Gently rock back and forth.

Movements to Work on with Your Child

- Crawling
- Rolling Over
- Standing
- Creeping
- Reaching
- Walking
- Grasping
- Sitting Up

SAFETY IS VERY IMPORTANT!

- Children can fall. When you work on these movements, make sure your child is on the floor.
- Never leave your child unattended.

Toys

- Infant swing or outdoor swing with restraining strap
- Large, plastic snap-lock beads
- Spoons, plastic bowls or cups
- Play mat or play gym
- Pop-up toys
- Bubbles
- Soft blocks or balls
- Chime bells
- Floor mirrors
- Low climbing platforms
- Push and pull cars



SAFETY IS VERY IMPORTANT!

- Small toys can pose a choking risk.
- Make sure items are bigger than the inside of a toilet paper roll.
- Bags and boxes can cause suffocation.

Activities

Let's Pretend

Show your child how to act like:

- A tree swaying in the wind....
- The sun rising....
- A cat arching its back....
- A kangaroo jumping....
- A train chugging along a track.

Challenge Walk

Let your child walk twisting pathways, up and down small hills, along sidewalks, and up and down low steps. Hold your child's hand. Your child will feel safe and loved!

Movements to Work on with Your Child

- Clapping
- Grabbing
- Jumping
- Kicking
- Pulling
- Pushing
- Rolling
- Stomping
- Swaying
- Walking

Toys

- Blocks
- Large light balls
- Rhythm instruments
- Push and pull toys
- Squeeze toys
- Tot tunnels (for crawling)
- Riding toys (push with feet)

Toys that look like adult tools:

- Rakes
- Brooms
- Vacuums
- Plastic bowls, cups and spoons



Activities

Chase Me, Chase Me

In fun, safely chase your child all around the house or playground and hug him or her when you catch up.

Super Kids

Help your child jump and land safely by taking his or her hand while jumping from low steps, curbs, or sturdy boxes. Practice landing on both feet and bending the knees.

Log Rolling

Show your child how to be a long, stiff, log shape on the floor with the fingers together above the head and the arms straight out so they hide the ears. Ask your child to roll like a log by keeping the legs straight and “glued” together.

Animal Action

Start by explaining to your child that you’re going to pretend to be different animals and move like they do. Choose a variety of animals and their corresponding movements. For example, you can pretend to be a:

- Bear
- Elephant
- Bird
- Frog
- Snake

Movements to Work on with Your Child

- Bouncing
- Flying
- Soaring
- Darting
- Hopping
- Springing
- Dashing
- Jumping
- Tossing
- Dodging
- Searching

Toys

- Light wheelbarrow
- Ball and bat (light weight)
- Push and pull toys
- Realistic riding toys like cars, tractors, motorcycles, etc.
- Rhythm instruments: drums, xylophone, tamborine
- Rocking horse (waist height with handles)
- Spinning seat
- Dress up clothes
- Pretend toys like rakes, kitchen sets, and work benches
- Bubble set

SAFETY IS VERY IMPORTANT!

Warning! Small toys can cause choking. Make sure kids only play with toys recommended for their age.



Activities

Read, Run, and Race About

Pick a favorite action storybook. Read the story aloud. Ask your child to do what the characters in the story do.

Alphabet Zoo

With your child, act like animals at the zoo. Start with an animal that begins with an “A,” like ape. Then go to an animal that begins with “B” and so on, until you get to “Z”.

Bodies in Motion

Read this rhyme and do these things with your child:

*Our bodies are made of special parts.
Let’s wave our arms, shake our legs...
Nod our heads...
And touch our chests to feel our hearts.
Let’s stomp our feet, snap our fingers...
Rub our bellies and wiggle our toes...
Now let’s stand very tall and touch our noses!*

Movements to Work on with Your Child

- Balancing
- Climbing
- Hiding
- Holding
- Jumping
- Marching
- Rolling
- Running
- Shuffling
- Sliding
- Turning
- Twisting

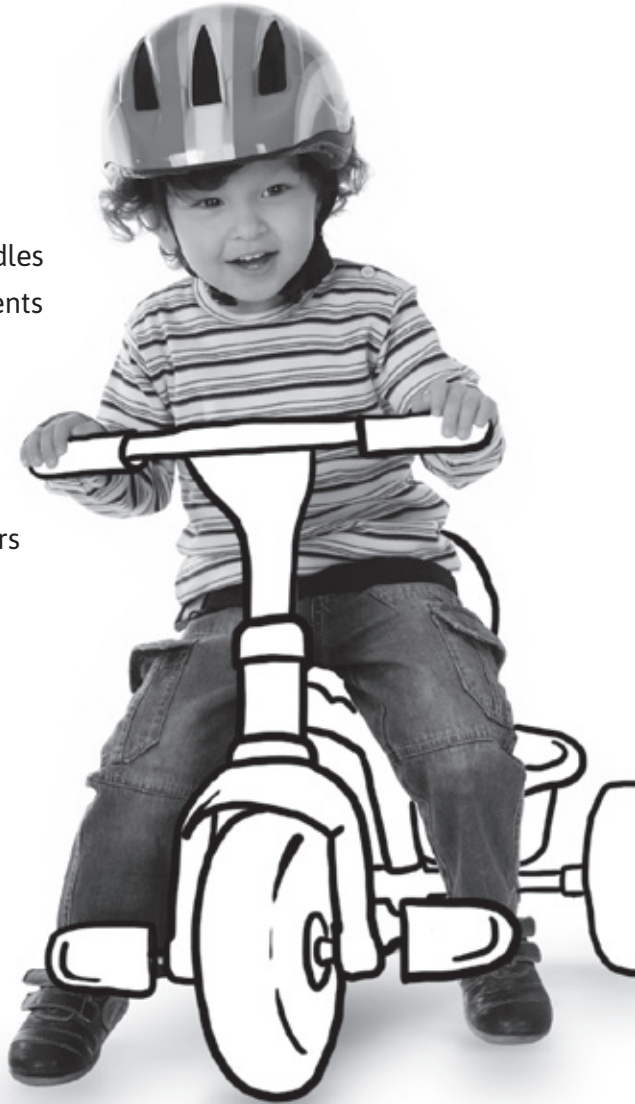
Toys

- Plastic bowling set
- Jump ropes
- Soft balls
- Lightweight hand paddles
- Rhythm band instruments
- Toy cars and trucks
- Soft baseball and bat
- Stick pony
- Tricycle
- Baby dolls with strollers

***SAFETY
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A safe play area is one where an adult is watching.

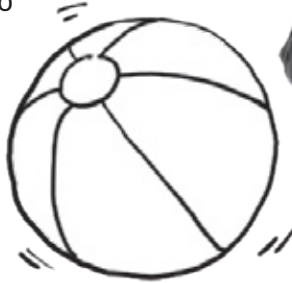
Have your child wear a helmet and knee pads when using a tricycle.



Activities

Targets

- Throw balls and soft objects at targets like cardboard boxes.
- Line up plastic bottles and cans and roll a ball to knock them down.
- Roll a hula hoop toward a target.



Beach Ball Body Juggling

Throw a beach ball into the air. Say out loud which part of the body (knee, foot, elbow) your child will hit the beach ball with. You and your child can also hit, kick, or bounce the beach ball back and forth.

Movement Month

You and your child pick a different physical play skill for each day of the month:

- Skipping
- Hopping
- Dancing
- Catching
- Chasing
- Tumbling
- Turning
- Rolling
- Running
- Jumping
- Throwing
- Kicking

Movements to Work on with Your Child

- Catching
- Jumping
- Skipping
- Throwing
- Chasing
- Leaping
- Sneaking
- Dangling
- Skating
- Swinging

Toys

- Bicycle with training wheels
- Junior-size soccer ball, football, volleyball, basketball, bat and tee
- Climbing ropes
- Full-size scooter with helmet and elbow/knee pads
- Sidewalk chalk
- Hopscotch mats
- Jump rope
- Kites
- Tennis balls
- Tumbling mats

SAFETY IS VERY IMPORTANT!

Children can fall. Always have your child wear a safety helmet when using riding toys of any kind, or a sports helmet as needed.



Activities

Popcorn

Have the children hold onto the sides of a large sheet. Put a few balls or soft objects (like socks) on the sheet. Have the children shake the sheet until all the “popcorn has popped” (all the objects are off the sheet.)

Red Light, Green Light

Put your child at the end of the yard or open area in the house. Tell the child you are a traffic light. When you say green light the child runs. When you say yellow light the child slows down. When you say red light the child stops. When you say green light the child runs again, and so on.

Cone Course

Put out cones to look like a course. Your child can then:

- Dribble a ball through
- Kick a ball through
- Use a stick to push a ball through

Movements to Work on with Your Child

- Catching
- Chasing
- Jumping
- Leaping
- Dancing
- Skating
- Skipping
- Sneaking
- Swinging
- Throwing
- Tiptoeing
- Tumbling

Toys

- Baseball/softball glove
- Bicycle with helmet
- Climbing ropes
- Full-size scooter with helmet and elbow/knee pads
- Hula hoop
- Jump ropes
- Junior-size soccer ball, football, volleyball, basketball, bat and tee
- Rhythm sticks
- Tennis balls
- Tumbling mat
- Whiffle balls

**SAFETY
IS VERY
IMPORTANT!**

Don't fall over toys. Remember to put them away after play time.



Activities

Outside Olympics

Use many items from around the house to create events. Objects to use for possible events:

- Small cardboard boxes for hurdles.
- Play mat or sleeping bag for tumbling routine.
- Towel tied in a knot for a towel toss.
- Spoon and egg for fast egg walk. (See how fast your child can cross the finish line without breaking the egg.)

Simon Swims

If your child can swim, take him or her to a pool or lake that is safe. In the water, play “Simon Swims.” Tell your child you are “Simon.” Your child does the swimming stroke that Simon says. Take turns so your child can also be Simon.

**SAFETY IS VERY
IMPORTANT!**

Children can drown.
Always watch your child
during water activities.

Movements to work on with your child

- Catching
- Chasing
- Jumping
- Leaping
- Prancing
- Skating
- Skipping
- Sneaking
- Swinging
- Tagging
- Throwing
- Tumbling

Toys

- Baseball/softball glove
- Junior-size soccer ball, football, volleyball, basketball, bat and tee
- Bicycle with helmet
- Full-size scooter with helmet and elbow/knee pads
- Hula-Hoop
- Jump ropes
- Rhythm sticks
- Roller blades/skates
- Tennis balls
- Tumbling mats
- Whiffle balls

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Reference

Parent's Guide to Physical Play.
Hofstra University: Rhonda Clements and The Diane
Linder-Goldberg Child Institute





dph.sc.gov/wic