

Preschoolers and Active Play

Why Is This Important?

- Active play is important for preschoolers as they develop motor skills and coordination but also for maintaining or reaching a healthy weight.
- Many families live in places where they do not feel safe letting children play outdoors. For healthy growth and development, preschoolers still need active play, even if it's indoors. Parents may need creative ideas for safe and active indoor play.
- Parents today are faced with many screen time options—in addition to TV, think about computers, smart phones, video games and tablets! Some parents may need to be reminded that “screen time” includes using these devices, and should be limited.



Talking Points About Active Play

- Get the whole family involved. Go for bike rides, play catch, or go to the park and climb on the jungle gym. Your child learns to be active from you!
- Preschoolers need plenty of unstructured play time (games without rules or directions)



like running, jumping, dancing and kicking balls to burn off that extra preschooler energy.

- Can't go outside to play today? Do you need some new ideas for active play inside the house? Try freeze dance, build an indoor fort with tables and blankets or make an obstacle course with pillows and sofa cushions.

Talking Points About Screen Time

- Try to limit preschoolers' screen time to 2 hours a day or less. Make time each day to turn off all screens (e.g., TV, computer, smart phone, tablet).
- If the only way you can get a break to do the dishes or talk on the phone is to let your child watch TV, set a timer for 30 minutes. Get as much done as you can in those 30 minutes and then turn off the TV.
- If you let your child watch TV, make sure you are familiar with the show and comfortable with the content. Some cartoons may be too “grown up” for preschoolers.