

Keeping Toddlers Active

Why Is This Important?

- Parents often believe toddlers are “active enough” already.
- Active play is important not only for reaching developmental milestones, motor skills and coordination, but also for maintaining or developing healthy weight.
- Even if children have to play indoors, they need ways to play safely but actively.
- Screen time can be a touchy subject; some parents view screen time as educational, others use TV time to keep children safe and occupied so parents can get other things done.



Talking Points About Active Play With Toddlers

- Because most toddlers are so naturally active, it can be easy to overlook that toddlers need daily physical activity, planned and supervised by adults.
- Even if your child can't go outside to play (due to weather, safety concerns, etc.) she still needs physical activity—a chance to move and use her energy—every day! Dance to music, play Hide-and-Seek, or play Follow-the-Leader to get your toddler moving indoors.

Talking Points About Television

- Try cutting back on television time by turning off the TV during mealtimes, play time, bath time and bedtime.



Talking Points About Sleep

- Sleep is very important for your toddler. He needs lots of sleep—about 10–12 hours a day, including naps, to grow up healthy. Children who don't get enough sleep are more likely to have weight problems.