

Less screen time

More play time

50 things to do before you're five

Screen Time & Active Lifestyles

Less screen time more play time!

The NHS recommends that children under 5 should have three hours of physical activity each day.

Physical play has lots of benefits for children and adults too! When children engage in physical activity they:

- Build stronger bones, muscles and heart
- Lower their stress levels
- Improve fitness levels
- Have more opportunities to socialise with others

Increased screen time often replaces physical activities, leading to more **sedentary behavior**. This shift can contribute to early childhood obesity and reduced motor skill development.

Physical play can come in lots of different forms and helps to set the foundations for our children to be healthier adults. Why not give some of these activities a go!

- Running or playing in the park
- Tummy time
- Rolling and catching a ball together
- Bike or scooter rides

Top Tips to support physical play!

- Try walk on shorter journeys rather than taking the car or bus
- ★ Incorporate it into your daily routine, dancing in the kitchen before nursery, hop, skip and jump on your way to the bus stop!
- ▶ Find out where your nearest park or green space is and take a yummy picnic to eat after your physical play
- Make it fun! Choose an activity you and your child enjoy



Another useful thing to know....physical activity helps promote a better nights sleep!

We know it may be tough to move your child away from screens. We urge you to not give up! The steps you take will help improve your child's physical health.