



Play and Physical Activity for Children

Why is it important?

- Play and physical activity is important for your child's health and wellbeing, now and in the future
- Play builds strong bones and muscles, which improve balance, coordination, and strength
- When children play, it boosts their confidence, learning and communication skills

What to do?

- Babies need tummy time while they are awake and being supervised. This helps to build their muscles
 - Play with baby – make facial expressions, talk, and touch to help babies learn
 - Take turns to respond to their sounds and expressions
- Children aged 1–5 years should be active for at least 3 hours a day
- Encourage play and physical activity early and often
- Try new activities and games to develop new skills
- Provide praise to support them to thrive and learn
- Visit playgrounds, parks, playgroups, early education centres, family, and friends

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