

#6  
of 10

First 2000  
Days of life



# *Play and Physical Activity for Children*

## Why is it important?

- Moving and playing is important for your child's health and wellbeing
- Play builds strong bones and muscles, which help 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
- Children aged 1–5 years should be active for at least 3 hours a day
- Encourage play and physical activity early and often
- Physical activity should be enjoyable
- Try new activities and games to develop new skills
- Visit playgrounds, parks, playgroup and mob

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on  
1300 244 288 for more info

