

# Tips for Families: Keep Children Active

Physical activity is very important for your child. She should be active and move as much as possible throughout the day. Get the whole family involved. Go to parks, zoos, playgrounds, or just take a walk. Read more below on the suggested tips for your child and physical activity.



**1 Be Active.** A child from one to three years of age should get at least 60-90 minutes of vigorous physical activity every day. A child from three to six years of age should get up to two hours of vigorous physical activity every day. The total time can be broken into shorter time periods and spread out over the day. Examples of vigorous physical activity are running, jumping, dancing and hopping.

**2 Free Play.** Free play or unstructured activity is when your child decides how to play. Children should get 60 minutes up to several hours of free play each day. Make sure small, portable equipment like jump ropes and balls are available for free play. Other examples of free play are playing tag, riding tricycles, pushing toys, or playing hide and seek.

**3 Adult Led Games.** Adult led games are planned activities or games. A child from one to three years of age should get 30 minutes of adult led games per day. A child from three to six years of age should get up to an hour of adult led games per day. Breaking the time into slots of five to 10 minutes each works well. Examples include singing the Hokey-Pokey, going on a nature hunt, acting like different animals or playing follow the leader using big movements.

**4 Playtime Rewards.** Use more playtime as a reward for good behavior and manners. Being positive about physical activity helps your child enjoy it. Avoid denying playtime as a punishment. Work to increase playtime, not decrease it!

**5 Infant Adventure.** Your infant needs the chance to move daily too! Place infants on their tummies for at least three to five minutes a few times each day. Avoid leaving infants in a seat that limits movement; such as bouncers, swings, strollers, and car seats when not riding in a car. Give your infant a chance to explore!

**6 No Sitting!** Keep your child moving. Children should not be seated for more than 15 minutes at a time each day, except when they are eating or sleeping.

**7 Screen Time.** Avoid using television, DVDs, or computer games for a child under two years of age. Limit screen time for a child over two years of age to no more than two hours per day.

**8 Outdoors.** Take your child outdoors to play at least twice a day for a total of 60-90 minutes. Every day can be a play outside day as long as your child is dressed in proper clothing for the weather!

**9 Weather.** Have a plan in case of bad weather so your child can still play indoors. Play active indoor games like dancing.



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