

Active babies and children build habits for a healthy life.



## Birth-1 Year

- Put your child on their tummy and watch them while they are in this position.
- Give your child time, a few times every day, to enjoy play that involves movement.
- Take your child outdoors as often as you can.
- Offer your baby time to move freely outside of bouncers, swings, and strollers.



## 1-2 Years

- Give your child at least 1 hour every day to enjoy play that involves movement.
- Get your child moving actively 1 time every hour.
- Take your child outdoors as often as you can.