## Canadian Sedentary Behaviour Guidelines

#### FOR THE EARLY YEARS - 0 – 4 YEARS

#### **Guidelines**:



For healthy growth and development, caregivers should minimize the time infants (aged less than 1 year), toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) spend being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., stroller, high chair) for more than one hour at a time.



For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.

For children 2–4 years, screen time should be limited to under one hour per day; less is better.

### The Lowdown on the Slowdown: what counts as being sedentary

Sedentary behaviours are those that involve very little physical movement while children are awake, such as sitting or reclining:

- in a stroller, high chair or car seat
- watching television
- playing with non-active electronic devices such as video games, tablets, computers or phones

### Spending less time being sedentary can help young kids:

- Maintain a healthy body weight
- Develop social skills
- Behave better
- Improve learning and attention
- Improve language skills

#### So cut down on sitting down. To reduce young children's sedentary time, you can:

- $\blacksquare$  Limit use of playpens and infant seats when baby is awake.
- $\blacksquare$  Explore and play with your child.
- $\blacksquare$  Stop during long car trips for playtime.

- $\blacksquare$  Set limits and have rules about screen time.
- $\blacksquare$  Keep TVs and computers out of bedrooms.
- $\blacksquare$  Take children outside every day.

# There's no time like right now to get up and get moving!



