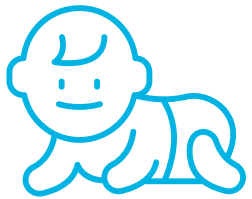


Active babies and toddlers build habits for a healthy life



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 many days as you can
- Offer your baby time to move freely outside of bouncers, swings and strollers



1 – 2 YEARS

- Give your child at least one hour every day to enjoy play that involves movement
- Get your child moving actively once every hour
- Take your child outdoors as many days as you can
- Be a role model by moving with your child