ARE EDMONTON TODDLERS MEETING THE NEW CANADIAN 24-HOUR MOVEMENT GUIDELINES?

How can parents and the environment play a positive role?

GUIDELINES FOR TODDLERS 1-2 YEARS

MOVE
At least 180 minutes spent in a variety of physical activities at any intensity, including energetic play, spread throughout the day.

SLEEP
11 to 14 hours of sleep per 24-hour period.

For those under 2 years, sedentary screen time is not recommended.

FOR PARENTS
• Limit toddler’s screen time to align with the guidelines
• Limit your own screen time to role model for your toddlers
• Ensure bedrooms are screen free zones
• For quiet activities, try reading, storytelling, crafts, or puzzles, rather than screens
• Trade indoor time for outdoor time
• Create a supportive home environment that balances moving, sitting, and sleeping

FOR PRACTITIONERS
Provide and develop resources with appropriate and feasible strategies for parents to:
• Limit toddler’s screen time in line with the guidelines
• Boost their confidence in facilitating active play with toddlers
• Identify safe places to play outdoors across all seasons
• Provide non-screen based indoor play activities for toddlers and the whole family

RESOURCES
• Canadian 24 Hour Movement Guidelines for the Early Years (0-4 Years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep: www.creeohp.ca/guidelines
• ParticipACTION: www.participaction.com/en-ca
• Create a Family Media Plan: www.healthylifeforchildren.org/english/media/Pages/default.aspx
• Campaign for a Commercial-Free Childhood: www.commercialfreechildhood.org/resources/screen-free

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