Top tips to help them move:

**BREAK IT UP**
Movement can be broken up into bouts of 10 minutes.

**BEST PLACE IS HOME**
The home is perfect for young children to start being active around routine and comforts.

**MOVE MORE**
Minimise the amount of time spent sitting, using car seats or strollers.

**SAY WELL DONE**
Giving lots of praise will help boost their confidence.

**LEAD BY EXAMPLE**
Involve yourself in the activity. Young children are great at copying!

- Develop strong bones, muscles and heart
- Develop good motor skills including balance and coordination
- Supports good social skills – great for making new friends
- Helps to maintain a healthy weight
- Helps to enable a child to sleep well
- Boosts a child’s confidence and emotional skills

Make your move today:
www.llrmakeyourmove.org
Do some tummy time, encourage babies to reach and roll for their favourite toys, act out some nursery rhymes, make a drum using a saucepan and spoon, roll a newspaper and do some mark making, do some parent/baby yoga...

Go to the park, explore the woods using sensory play, build a den, go swimming, enjoy time on a balance bike/scooter, play some exploring games e.g. target throw, chase, throw and catch...

Blow bubbles and encourage children to chase, read a story and act out some of the actions, play hide and seek, put on some music and move to the beat, encourage children to tidy away their toys...

**DID YOU KNOW?**

Childhood exercise increases the odds of being a healthy and active adult.