


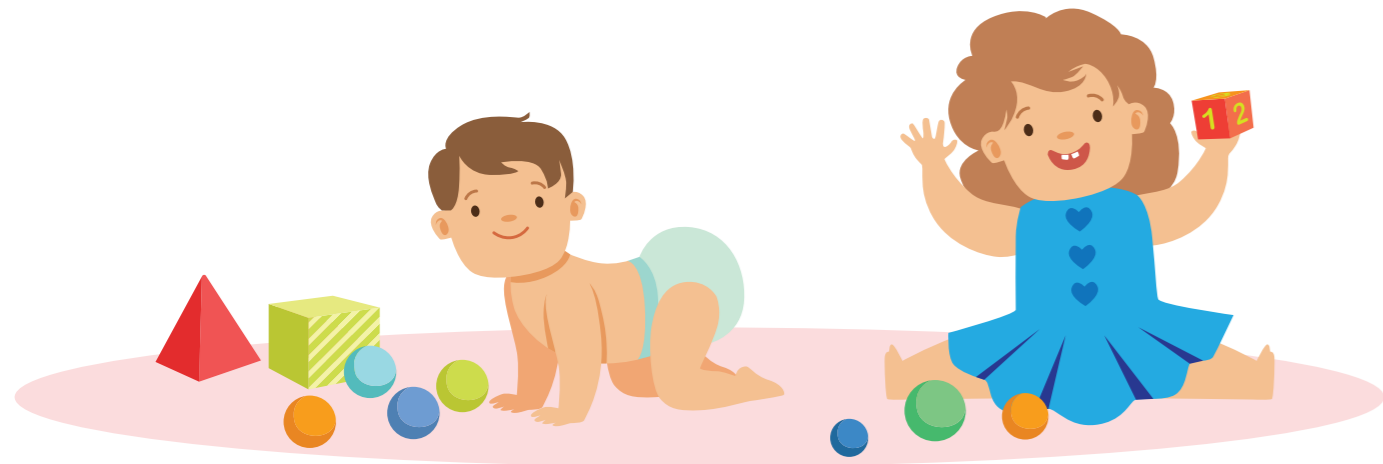


Age/Years	Daily Time (at least)	Intensity of Physical Activity	Sedentary Time	Screen Time	Sleep Time
0-1 	30 mins	Tummy time (face downwards)	Not more than 1 hour	Not recommended	0-3 months: 14-17 hours 4-11 months: 12-16 hours
1-2 	180 mins	Include moderate-to-vigorous intensity physical activity	Not more than 1 hour	1 year olds - not recommended 2 year olds - less than an hour	11-14 hours
3-4 	180 mins	Varied intensities & at least 60 mins moderate-to-vigorous intensity physical activity	Not more than 1 hour	Not more than 1 hour	10-13 hours

Based on WHO Guidelines (2019)



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 **GOVERNMENT OF MALTA**
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MINISTRY FOR HEALTH

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Be Active Guidelines for BABIES AND TODDLERS

0-4




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What is physical activity?

Physical activity is defined by the World Health Organisation (WHO) as 'any type of body movement produced by skeletal muscles which results in energy expenditure.' This means that any type of activity which requires the child to move around and not be sedentary or sitting (restrained) in a car seat, push-chair or high-chair, can be classified as physical activity; however, different types of activities vary in intensity and duration.

Why is physical activity important?

Physical activity promotes healthy growth and development as well as helps children have healthier bones and muscles. In addition, children who engage in physical activity during their childhood are more likely to grow up into adults who are also physically active.



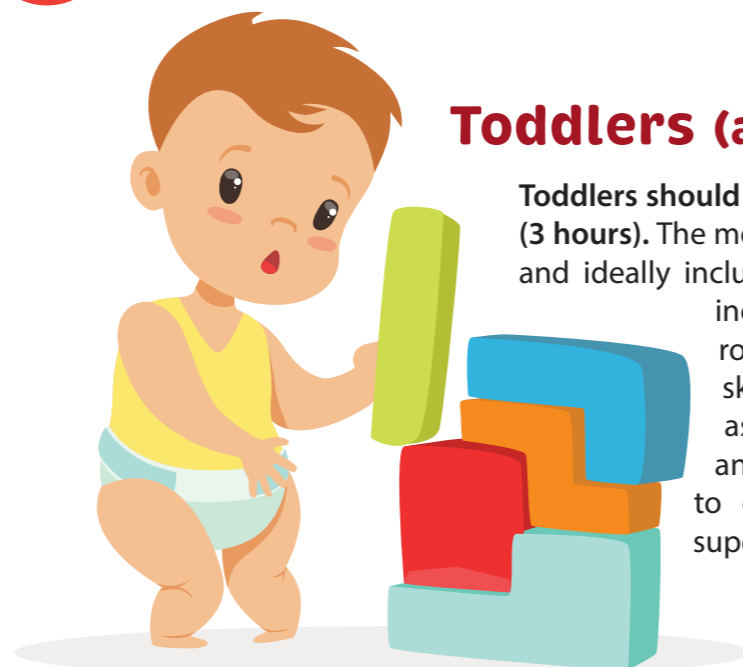
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Physical activity as defined by WHO

Babies (under 1 year)

Babies should be encouraged to be active throughout the day, every day in a variety of ways. Initially it is important to encourage babies to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play. Age-appropriate toys such as rattles and blocks can all facilitate movement and a degree of physical activity.

It is important to include at least 30 minutes of supervised tummy time spread throughout the day when they are awake. This should be carried out on a playmat on the floor and is important to encourage babies to lift their head and strengthen their back. This can be achieved by placing safe toys close to the baby and by getting down on the floor next to them to encourage eye-contact and play. Once babies start crawling and moving around, it is important to encourage them to be as active as possible in a safe and supervised play environment. Babies should crawl on the floor for safety reasons to avoid accidents.



Toddlers (aged 1 to 2 years)

Toddlers should be physically active every day for at least 180 minutes (3 hours). The more the better. This should be spread throughout the day and ideally include an element of outdoor play. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping. Active play, such as riding a tricycle, playing in water, chasing each other and ball games, are all helpful for children in this age group to get moving. During active play toddlers should be supervised at all times.

Pre-schoolers (aged 3 to 4 years)

Preschool children should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better. Activities should include art, crafts and hand painting to increase strength and dexterity in children's fingers and hands and throwing and catching a ball to improve hand-eye coordination and strengthen arm muscles. The 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity (MVPA), which can consist of dancing to music and outdoor active play such as jumping, climbing, using a scooter or swimming. Children should be supervised at all times during these activities.



Children should be supervised at all times during these activities

Sedentary and screen time

Children under 5 should not be inactive for long periods, except when they are asleep. Watching TV, travelling by car or bus, or being strapped into a buggy for long periods are not good for a child's health and development. Children should carry out frequent movement breaks to interrupt their sedentary behaviour.

