



Active play for young children

- Active play every day helps children build strong muscles and bones, grow and sleep well, develop movement skills and make friends.
- Young children need at least three hours of movement and active play spread throughout every day. Aim for less than 60 minutes each day lying still (except during sleep).
- Playing with simple objects such as tyres, large soft beach balls, empty containers, cushions, socks and cardboard boxes encourage movement, imagination and learning.

Make active play part of your child's day

- The best physical activity for young children is unstructured free play. Active outdoor play helps children's imagination, development and learning.
- Outdoor play is ideal for young children. It costs nothing and can be as easy as finding some sand, water, leaves or stones. Play can include touching, feeling, listening and seeing lots of different objects. Try to make outdoor play part of everyday.
- Make sure your child is dressed for the weather (e.g., a coat on cold days, a hat on sunny days).
- Let young children explore and copy others during play, such as dancing to music or jumping in leaves.
- Limit the time your child spends in strollers and car seats. Encourage your child try new movements such as climbing, building, kicking or balancing.
- Encourage active play options for your young child instead of watching television or playing on other screens such as computers, iPads and phones. Limit screens for young children to 60 minutes a day. Children develop and learn better in real life than from watching screens.
- Make time for active time together as a family.



Nutrition

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营养

英文/普通话

幼儿的活跃玩耍

- 每天活跃的玩耍能帮助孩子锻炼肌肉和骨骼，成长发育以及良好睡眠，提高活动能力还有结识朋友
- 小孩子每天需要至少三小时的活动和活跃的玩耍。除了睡觉以外，每天要将躺着不动的时间限制在六十分钟以下。

把活跃玩耍安排在孩子一天的生活中

- 对小孩子来说，最好的身体活动就是没有组织的自由玩耍。活跃的室外玩耍能帮助孩子想像力，成长发育和学习能力。
- 室外玩耍对小孩子来说是很理想的。这不用花钱而且还能很容易找到沙子、水、树叶或石子。玩耍可以是触摸、感觉、聆听和观察很多不同的物体。试着每天让孩子在室外玩耍。
- 请确保你的幼儿根据天气状况穿衣（比如冷时加件外套，有阳光时戴上帽子）。
- 让幼儿在玩的时候自己探索和学习别人，比如跟着音乐跳舞或在落叶上蹦跳。
- 玩一些简单的物体能鼓励孩子活动，想像和学习，比如轮胎、大号的沙滩软球、空罐子、靠垫、袜子和纸箱。

- 将孩子坐在推车和汽车座椅上的时间降到最少。鼓励你的孩子尝试新的动作，比如攀爬、搭建、踢或平衡。



- 鼓励你的幼儿多做活跃的玩耍，而不是看电视或玩其他有屏幕的东西，比如电脑、iPads和手机。把幼儿每天使用屏幕的时间控制在六十分钟以内。孩子在真实生活中比看屏幕学习和获得的东西更多。
- 腾出时间，一家人一起享受共同玩耍的时间。

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