

## For children aged 1 to 4

# Three hours of active play every day

Active children are happier, healthier and more energised.

### Moving every day helps your child:

- build strong bones and muscles
- improve balance and coordination
- support brain development

### How much activity do 1 to 4 year olds need?

Aim for at least three hours each day. This can include walking, swimming, dancing, outdoor play or active games at home.

For 3 to 4 year olds, at least one hour of their daily activity should be more energetic to get them moving fast.

## Our Journey Birth to 5 Years

*Moving more*



*and sitting less*



## How you can help

- children love to copy adults, have fun moving together!
- choose activities that excite them and get them out of breath
- visit local parks, green spaces, and libraries for free, active fun.

## Need advice or support?

If you are worried about your child's movement or activity levels, speak to your:


- Health Visitor on **020 7683 4151**  
Monday–Friday, 9am–5pm or visit  
**[hackneyandcityhealthvisiting.nhs.uk](https://hackneyandcityhealthvisiting.nhs.uk)**
- GP



## Find local activities

Children's Centres, leisure centres, and other family-friendly venues offer fun activities to help your child learn and grow through play.

## Learn more at:

 [education.hackney.gov.uk/  
birthtofive](https://education.hackney.gov.uk/birthtofive)



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every child



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