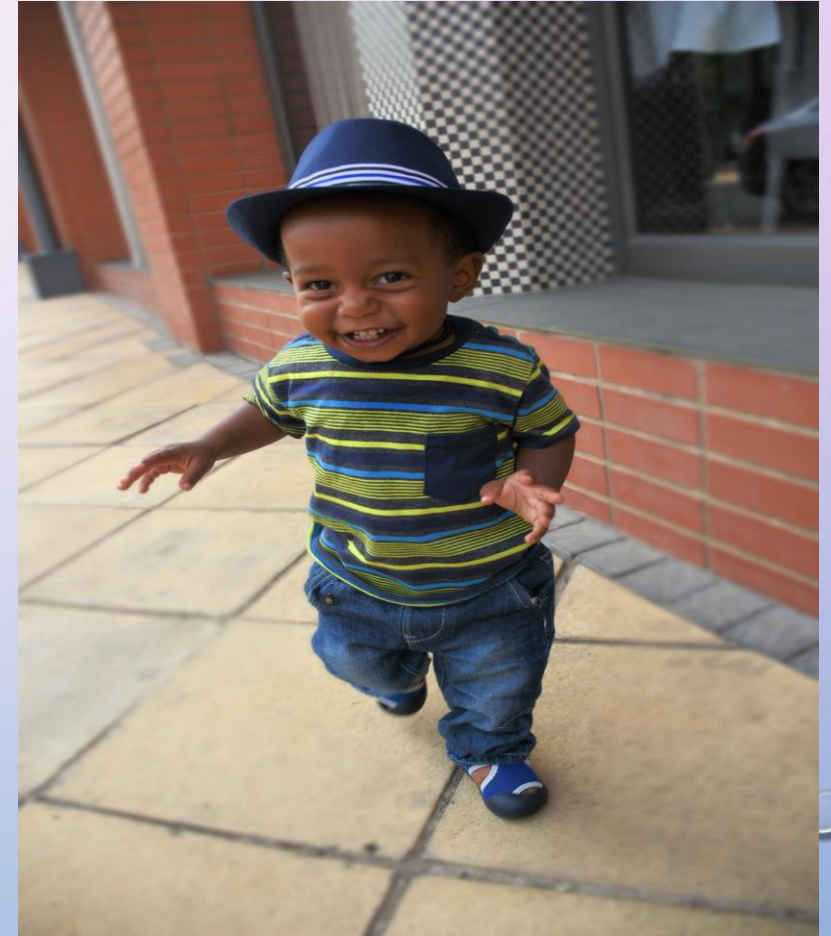


# PHYSICAL ACTIVITY GUIDELINES FOR TODDLERS



# EARLY MOTOR DEVELOPMENT

- YOUNG CHILDREN WHO ARE PHYSICALLY ACTIVE IN ENRICHED ENVIRONMENT HAVE A GREATER NUMBER OF SYNAPTIC CONNECTIONS IN THEIR BRAINS.
- EARLY MOTOR DEVELOPMENT INCREASES CONNECTIONS BETWEEN THE CEREBELLUM AND THE BRAIN'S PLEASURE CENTERS.
- EARLY MOTOR DEVELOPMENT SETS THE STAGE FOR BRAIN PROCESSES FOR DECODING AND PROBLEM SOLVING THROUGHOUT LIFE.



# PHYSICAL ACTIVITY BOOSTS BRAIN FUNCTION

PHYSICAL ACTIVITY TRIGGERS THE RELEASE OF:

1. BRAIN-DERIVED-NEUROTROPIC-FACTOR (BDNF)
  - FACTOR THAT ENABLES NEURONS TO COMMUNICATE WITH ONE ANOTHER
  - SITTING FOR MORE THAN 20 MINUTES AT A TIME CAUSES LEVELS OF BDNF TO DECLINE
2. ENDORPHINS (BETTER CONCENTRATION AND ALERTNESS, RAISES SELF-ESTEEM)
3. SEROTONIN (CALMS BEHAVIOR)
4. DOPAMINE (PLEASURE RESPONSE)
5. PHYSICAL ACTIVITY PROMOTES BRAIN REGENERATION AND GROWTH OF NEW BRAIN CELLS


# IMPORTANT DEFINITIONS



**MOVEMENT** – IS NAVIGATION OF ONE'S ENVIRONMENT

**PHYSICAL ACTIVITY** – IS VOLUNTARY MOVEMENT THAT EXPENDS ENERGY


**EXERCISE** – IS PHYSICAL ACTIVITY (AEROBIC ACTIVITY) THAT INCREASES HEART AND RESPIRATORY RATES



**Guideline 1:** Toddlers should engage in a total of at least 30 minutes of structured physical activity each day.

**Guideline 2:** Toddlers should engage in at least 60 minutes per day of unstructured physical activity. This can be done in small 10 minute increments of time throughout the day.

**Guideline 3:** Daily outdoor time in a safe setting supervised by an adult.



# PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE TODDLER'S DEVELOPMENTAL MILESTONES

## 15 MONTHS

- WALKS INDEPENDENTLY
- CREEPS UP STAIRS
- KNEELS WITHOUT SUPPORT
- CANNOT WALK AROUND CORNERS, STOP SUDDENLY OR THROW A BALL WITHOUT FALLING

## 18 MONTHS

- RUNS CLUMSILY
- WALKS UP STAIRS WITH HAND HELD
- PULLS AND PUSHES TOYS
- JUMPS IN PLACE WITH BOTH FEET
- SEATS SELF ON CHAIR
- THROWS BALL WITHOUT FALLING

# PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE TODDLER'S DEVELOPMENTAL MILESTONES

## 24 MONTHS

- GOES UP AND DOWN STAIRS ALONE WITH 2 FEET ON EACH STEP
- RUNS WITH A WIDE STANCE
- PICKS UP AN OBJECT WITHOUT FALLING
- KICKS A BALL FORWARD

## 30 MONTHS

- JUMPS FROM A STEP
- STANDS ON ONE FOOT FOR A SECOND
- TAKES A FEW STEPS ON TIPTOE

# PROVIDE FREE SPACE WITH DEVELOPMENTALLY APPROPRIATE TOYS



- RIDING TOYS
- BALLS
- LARGE BLOCKS
- TUNNELS
- ROCKING BOATS
- LOW CLIMBERS
- PUSH AND PULL TOYS



## PROVIDE FREE SPACE WITH DEVELOPMENTALLY APPROPRIATE EQUIPMENT AND GAMES



- IMITATING ANIMALS OR ADULTS WORKING
- PLAYING WITH SHAPE SORTERS OR OTHER FLOOR TOYS
- LISTEN TO MUSIC AND DANCE TOGETHER
- CLIMB STAIRS OR USE CLIMBING EQUIPMENT WITH SUPERVISION

YOUNG CHILDREN ARE  
KINESTHETIC LEARNERS

IT IS INSTINCT TO PHYSICALLY  
MASTER THEIR ENVIRONMENT

IT IS NATURAL FOR CHILDREN  
TO LEARN WHILE THEY ARE  
MOVING AND TO MOVE  
WHILE THEY ARE LEARNING



# INAPPROPRIATE ACTIVITIES FOR TODDLERS

1. INFANT WALKERS
2. HOPPING ON 1 FOOT
3. SKIPPING
4. CLIMBING MONKEY BARS
5. COMPETITIVE GAMES



## OTHER GUIDELINES FOR TODDLERS

- 1. LIMIT SEDENTARY ACTIVITY TO 60 MINUTES PER DAY FOR TODDLERS. THIS DOES NOT INCLUDE TIME SPENT EATING AND SLEEPING.**
- 2. LIMIT SEDENTARY TIME INTERVALS TO 15 - 20 MINUTES AT A TIME.**
- 3. NO SCREEN TIME FOR CHILDREN LESS THAN 24 MONTHS OF AGE.**
- 4. LIMIT SCREEN TIME TO 1 HOUR OF QUALITY, COMMERCIAL FREE SCREEN TIME FOR CHILDREN 2 YEARS AND OLDER.**

**DID YOU FIND THIS  
EDUCATIONAL  
HANDOUT HELPFUL?**

**PLEASE TAKE A MINUTE TO  
TELL THE STAFF AT POSITIVE  
PATTERNS FOR LIFE WHAT YOU  
LIKED ABOUT THIS  
EDUCATIONAL HANDOUT. GO  
TO THE CONTACT PAGE ON  
OUR WEBSITE AND SEND A  
MESSAGE TO THE STAFF.  
THANK YOU FOR YOUR TIME!**

