

KEEPING ACTIVE AT HOME

WHY IS IT IMPORTANT TO KEEP ACTIVE IN THE HOME

- Creates opportunities to bond with your child
- Reduces the risk of obesity
- Encourages children's physical and emotional development
- Encourages imagination
- Develops children's risk taking skills

IDEAS TO TRY

- You can start doing tummy time from birth. It is a great way for them to strengthen muscles and explore the space around them. Little and often is best to begin with.
- Toddlers between 1-2 years should be physically active for around 3 hours a day, spread over the day. This could be anything from standing up whilst they play to dancing and jumping - and everything in between. The length of time is the same for children between 2-5 years old and will probably be more vigorous exercise e.g. running, jumping and climbing.
- Setting up an obstacle course using items around the home can be a great way to get active as a family and have fun together.
- Playing hide and seek
- Having a treasure hunt to find items on a theme e.g. shiny items or 5 items which are green. This is also a great way to incorporate counting and sensory fun. Items can be hidden in high and low spaces around the home.
- Build a den together
- Have a dance party - being silly and dancing together is not only a great way to be active but also to just have fun together
- Play balloon tennis where you bat a balloon back to each other with your hand
- Play a game of the floor is lava, you could use flannels or another soft item you have at home as stepping stones to reduce the urge to stand/jump on the furniture.
- Try an online workout for children from yoga to dance and everything in between.





TOP TIPS

- Remember the game might not last long so prepare but don't spend hours setting up something spectacular for the child to play for 5 minutes - manage your own expectations.
- Safety is of the utmost importance, keep hot drinks well out of reach, stair gates closed, sharp objects put away
- Be creative and use what you have at home, sofa cushions, blankets and dining room chairs make excellent den making equipment. Soft placemats, flannels make great stepping stones.
- Set boundaries, for example if you prefer the children not to play in your bedroom make sure you tell them. Let the children know you can all put things away together at the end.

OTHER RESOURCES

[Early Years Resources for home](#)

[Advice on being active with babies and toddlers](#)

[Physical activity guidelines for under 5s](#)

[World Health Organisation – healthy at home Information](#)

[EYFS What to expect, when document](#)



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