Wellness Tips for Alaska’s Young Children
Play Every Day!

Kids eat, sleep and feel better about themselves when they are active throughout the day. Active play helps kids:
- Learn new skills
- Practice creativity
- Build strong bones and muscles

How can I help my children develop the right skills for their age?
- Infants: Give your babies short periods of “tummy time” to prepare them to sit up and crawl. Encourage them to roll, stretch and reach for objects.
- Toddlers: Encourage your toddlers as they learn to walk, run and climb. Kick, throw and catch with them using soft, lightweight balls.
- Preschoolers: Challenge your preschoolers to gallop faster, jump higher, pedal harder and throw farther.

It starts with me!
Enjoy being active with your children.

Tips for Parents
- Play together every day.
- Focus on fun, not performance.
- Limit screen time.
- Take short active play breaks throughout the day.
- Give your children the chance to walk rather than use a stroller.

Recognize that children learn and develop skills at different rates.
Keep your kids moving so they are never inactive for longer than an hour at a time—unless they’re sleeping.

Dress for the weather.
Children are more active when they play outside—even in snow and light rain.
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More fun activities to get your kids moving

• Turn on music and dance.
• Go for a walk or sled down a nearby hill.
• Strap on your helmets and go for a bike or trike ride.
• Make a game of throwing soft toys or rolled-up socks into a laundry basket.
• Make snow angels.
• Play follow the leader through the house or out in the woods.
• Crawl over soft pillows or couch cushions on the floor, or jump from pillow to pillow.
• Grab a bucket and go berry picking.
• Stomp on bubble wrap.
• Move like the animals – hop like a frog, crawl like a spider, slither like a snake.

Get your children breathing hard and sweating, and get their hearts pumping. It’s good for their bodies.

For more information on active play, visit:
• Play Every Day: www.playeveryday.alaska.gov.
• Sesame Street Healthy Habits for Life: http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits#5.

Make up games, such as having your children count the number of hops to get to the big tree. Kids learn by moving and having fun.