

# MAKE YOUR MOVE

Under 5's

## Top tips to help them move:



### BREAK IT UP

Movement can be broken up into bouts of 10 minutes.

### BEST PLACE IS HOME

The home is perfect for young children to start being active around routine and comforts.



### MOVE MORE

Minimise the amount of time spent sitting, using car seats or strollers.

### SAY WELL DONE

Giving lots of praise will help boost their confidence.



### LEAD BY EXAMPLE

Involve yourself in the activity. Young children are great at copying!



Develop strong bones, muscles and heart



Develop good motor skills including balance and coordination



Supports good social skills – great for making new friends



Helps to maintain a healthy weight



Helps to enable a child to sleep well



Boosts a child's confidence and emotional skills

Make your move today:

[www.llrmakeyourmove.org](http://www.llrmakeyourmove.org)



LEICESTER-SHIRE  
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PHYSICAL ACTIVITY & WELLBEING



## EVERY MOVEMENT COUNTS

Do some tummy time, encourage babies to reach and roll for their favourite toys, act out some nursery rhymes, make a drum using a saucepan and spoon, roll a newspaper and do some mark making, do some parent/baby yoga...



Blow bubbles and encourage children to chase, read a story and act out some of the actions, play hide and seek, put on some music and move to the beat, encourage children to tidy away their toys...

Go to the park, explore the woods using sensory play, build a den, go swimming, enjoy time on a balance bike/scooter, play some exploring games e.g. target throw, chase, throw and catch...



## DID YOU KNOW?

Childhood exercise increases the odds of being a healthy and active adult.