

Strategies to increase the active time of children

- Encourage daily high energy active play like running, climbing, jumping, throwing, etc.
- Promote active play initiated by children and not led by adults (self-directed play)
- Limit sedentary time (stroller, arts and crafts, games played sitting down and screen time)
- Support children's games and have fun with them
- Create stimulating and safe spaces both indoor and outdoor
- Play outside as often as possible and for as long as possible
- Play outside every day, as often and as long as possible

Playing is the child's job

There is no need to organize and direct the children: we need only to accompany them in their development, to offer them an environment and materials that are stimulating, to let them take risks, and especially to give them time.

Under the watchful eye of informed parents, and enthusiastic and competent stakeholders, they will become the "most valuable players."

Together, the parents, community and educational child care services can contribute to the developing the full potential of children.



Centre intégré
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PLAY, EXPLORE AND HAVE FUN TO DEVELOP STRONG FOUNDATIONS THAT WILL LAST A LIFETIME



IMPACT OF

CHILD-INITIATED ACTIVE PLAY ON 5 DIMENSIONS OF THEIR GLOBAL DEVELOPMENT

PROMOTE GROSS MOTOR SKILLS TO DEVELOP PROPER FINE MOTOR SKILLS

Before being able to sit down and hold a pencil, the child must develop his muscle tone, balance, coordination, and body awareness. A child is like a growing tree. Will a tree with a weak trunk and large leaves be able to withstand bad weather? The stronger the trunk, the more branches will be able to develop and grow leaves! Giving children the time to develop a strong trunk before they begin school is essential.

SELF-DIRECTED PLAY, WHAT IS IT?

Any fun activity that involves moving. It is free, spontaneous, not led by an adult, and the source of great fun! The child initiates and creates his own game. It can take many forms by soliciting different body parts at various intensities.

DID YOU KNOW THAT...

Between 1981 and 1997, there was a marked increase in the time spent on sedentary activities led by adults, and a 25% decrease in child-initiated play*.

High-energy active play allows the child to release its internal tensions, which will enable him to be better prepared to learn and to interact with its environment.

The active play has a great influence on creativity, social skills, as well as on the skills necessary for decision-making and problem solving.

*Reference: BURDETTE, L., and R. WHITAKER. *Resurrecting free play in young children, Archives of Pediatric and Adolescent Medicine*, 159: 46-50. 2005.

