# **ARE EDMONTON TODDLERS MEETING**

**24-HOUR MOVEMENT** 

How can parents and the environment play a positive role?

Toddlerhood provides an opportunity to establish healthy behaviours.

Reducing sedentary time, especially screen time, and achieving sufficient physical activity and sleep are favourable towards healthy growth and development during toddlerhood and beyond.

For the Parents' Role in Establishing healthy Physical activity and Sedentary behaviour habits (PREPS) project, 257 parents of toddlers were recruited during immunization appointments with Alberta Health Services in Edmonton, Alberta, Canada.

The PREPS project investigated if toddlers are meeting the new 24-Hour Movement Guidelines and examined the role of parental and environmental characteristics in toddlers' physical activity and screen time.

## **GUIDELINES FOR TODDLERS 1-2 YEARS**



intensity, including energetic play, spread throughout the day.



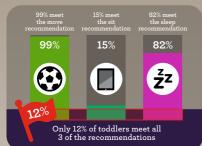
## SLEEP of sleep per





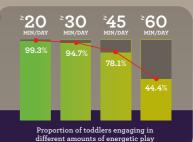
recommended.

than 1 hour per day.





On average, toddlers spend 4.9 hours moving (4.0 in light play and 0.9 in energetic play), 1.4 hours in front of a screen, 5.1 hours in other sitting behaviours, and 12.6 hours sleeping per 24-hour period.



## WHAT CAN PARENTS AND PRACTITIONERS DO TO HELP?

### **FOR PARENTS**

- the guidelines
- Limit your own screen time to role model for your toddlers
- For quiet activities, try reading, storytelling, crafts, or puzzles, rather than screens
- balances moving, sitting, and sleeping



## FOR PRACTITIONERS

Provide and develop resources with appropriate and feasible strategies for parents to:

- · Limit toddler's screen time in line with the guidelines
- play with toddlers
- Identify safe places to play outdoors across
- all seasons

  Provide non-screen based indoor play activities for toddlers and the whole family

### RESOURCES

- ian 24-Hour Movement Guidelines for the Early Years (0-4 Years): An Integratio sical Activity, Sedentary Behaviour, and Sleep: www.csep.ca/guidelines

- Create a Family Media Plan: www.healthychildren.org/English/media/Pages/default.aspx Campaign for a Commercial-Free Childhood: www.commercialfreechildhood.org/resource/screen-free

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ACTIVE LIVING





