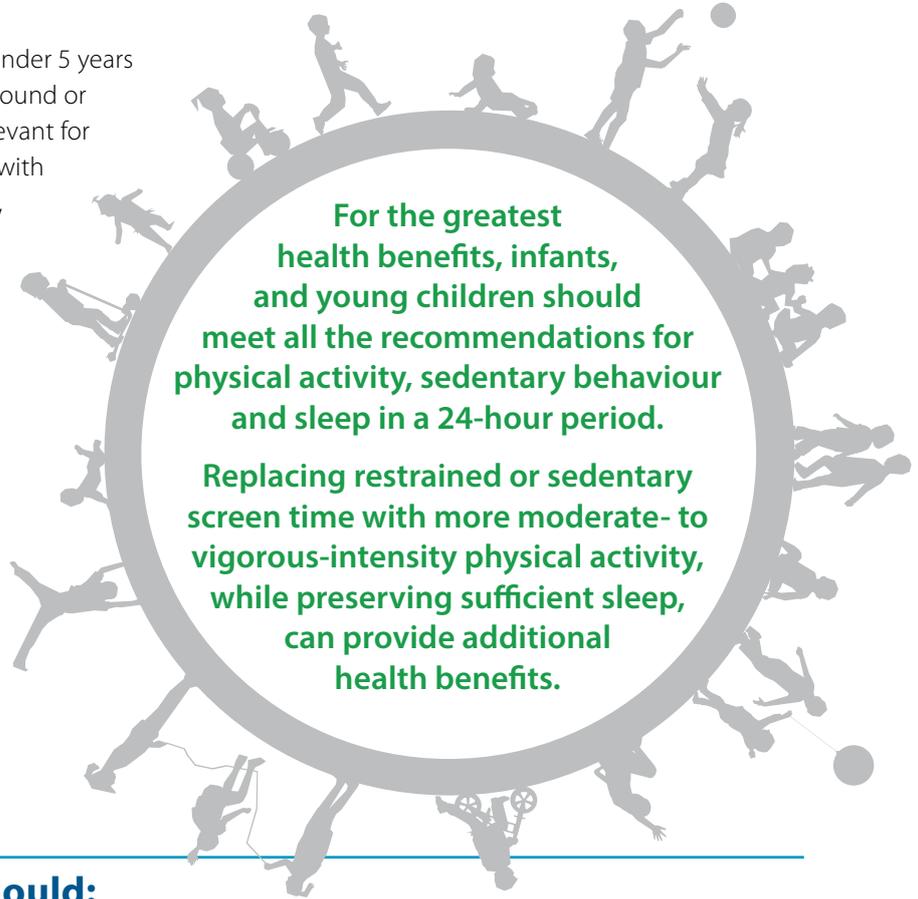


RECOMMENDATIONS FOR 24-HOUR PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP FOR CHILDREN UNDER 5 YEARS OF AGE

These guidelines are for all healthy children under 5 years of age, irrespective of gender, cultural background or socio-economic status of families and are relevant for children of all abilities; caregivers of children with a disability or those with a medical condition, however, may seek additional guidance from a health professional.



In a 24-hour day,



infants (less than 1 year) should:

Be physically active several times a day in a variety of ways, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes **at least 30 minutes in prone position** (tummy time) spread throughout the day while awake.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver’s back). Screen time is not recommended. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 14–17h (0–3 months of age) **or 12–16h** (4–11 months of age) **of good quality sleep**, including naps.

PHYSICAL ACTIVITY

at least 30 minutes

SEDENTARY SCREEN TIME

0 minute

GOOD QUALITY SLEEP

14-17 hours
(0–3 months of age)

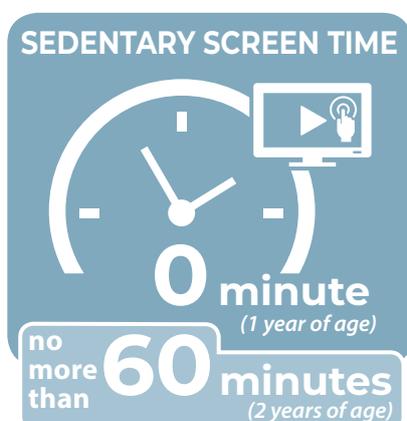
12-16 hours
(4–11 months of age)

children 1–2 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, including moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 11–14h of good quality sleep, including naps, with regular sleep and wake-up times.



children 3–4 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers) or sit for extended periods of time. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 10–13h of good quality sleep, which may include a nap, with regular sleep and wake-up times.

