Active Play Every Day
For 3- to 5-year-olds in Seattle

What is active play?
Active play is most forms of physical activity that children can do. Active play can be inside or outside. Active play can be led by an adult or not led by an adult.

How much active play does my child need?
3- to 5-year-olds need lots of active play time. For this age, the goal is at least 2 hours of active play each day. Your child should play for about 15 minutes each hour throughout the day.

How can I help my child have active play every day?

Home
• Run, jump, dance, climb, explore and play games like tag or hide-and-seek.
• Find toys that help your child move. These include tricycles, balance bikes, wagons, jump ropes and balls.
• Play outside every day when possible. Make sure you have the right clothes for cold weather.
• Aim for less than 1 hour of media use a day, if any. Screen time includes TV, computers, video games, tablets (like an iPad) and smart phones (like an iPhone).

Daycare and Preschool
• Remind your daycare or preschool to make time for lots of active play. Send your child with the right clothes for the weather so they can play outside every day.

Playground
• Find the Seattle Parks and Recreation playground close to you. Visit: seattle.gov/parks/find.
• Play with your child at a playground near you. It is great to walk there if you can!
• Walk to a wading pool (outdoor, shallow pool) near you when the weather is nice.

Community Center
• Find the Seattle Parks and Recreation community center close to you. Visit: seattle.gov/parks/find/centers.
• Community centers have drop-in play gyms.
• Check with the community center to learn more about indoor play gyms and classes, fees, registration and scholarships.

YMCA
• Find the YMCA nearest you and ask about membership, program fees, registration and scholarships. Visit: seattleymca.org.
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- YMCAs have indoor play gyms and classes. Many YMCAs also have pools.
- YMCAs require a paid membership, but scholarships are available.

**Pool**
- Find the Seattle Parks and Recreation pool close to you. Visit: seattle.gov/parks/find/pools.
- They have parent and child swim times and family swim times. When your child is 3, think about taking them to swim lessons.
- Check with the pool for fees, registration and scholarships.

What will your family do for active play?

Playground: ______________________

Community center: ________________

YMCA: __________________________

Pool: ____________________________

To Learn More
- seattlechildrens.org
- Your child’s healthcare provider

Seattle Children’s will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5323.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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