Active Play Every Day
For 0- to 2-year-olds

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.

Why is active play important?
Active play helps babies and toddlers grow up strong, smart and healthy. Babies and toddlers learn about the world and build motor skills, like crawling, walking and drawing through play.
Active play and reading to your child help your child’s brain grow. Active play is a time families can have fun together. It is one of the most important gifts you can give your child.

How much active play does my child need?
0- to 2-year-olds need lots of active play time. For this age, the goal is at least 1 hour and 30 minutes a day.

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

Home
- Give your baby plenty of “tummy time.” This helps their muscles get stronger to be able to sit up and crawl.
- Find toys like floor mirrors, play mats, wagons, or toys they can climb on.
- Spend time outside to let your child move.
- Limit time in car seats, bouncy seats, swings and strollers.
- Avoid screen time, like TV, computers, video games, tablets (like an iPad) or smart phones (like an iPhone). Video-chatting is OK.

Babysitter and Daycare
- Remind your babysitter or daycare about making time for indoor and outdoor active play every day.

Playground
- 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
- Many community centers have drop-in indoor play gyms. Some also have toddler classes.
- Check with your local community center to learn more about indoor play gyms and classes, fees, registration and scholarships.
Active Play Every Day: For 0- to 2-year-olds

YMCA

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

Pool

- Many pools have classes for babies and toddlers that teach children how to move in the water. They also have family swim time where you can play with your child in the pool.
- Check with your local 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