Active Play Every Day
For 3- to 5-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.

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
- Play with your child at an outside 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. They also have classes like dance and t-ball.
- Check with your local community center for gym fees, class fees, registration and scholarships.

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.
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Pool
- Many pools have swimming classes for 3- to 5-year-olds as well as family swim times. When your child is 3 years old, think about taking them to swimming 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