

Getting your kids moving: An age-by-age guide

This guide will help you determine what types of activities you can do with your child to get involved in their love of movement.

BABIES

Age 0 - 2 years

Baby playtime

Anything to encourage young babies to reach, grasp or kick



Pulling toys

When they're old enough to sit up, try attaching a string or shoelace to your little one's favourite toy and encourage them to give it a tug

Moving over textures

As they start to crawl or scoot, put a variety of soft textures on the ground for them to move over

Sit up and look

Sit with your baby on your lap while pointing at different things that are happening (cars driving, birds singing, rain falling) and talk to your baby about what you're seeing

Note: To encourage healthy growth and development, young children should receive support from their parents and caregivers.

TODDLERS AND PRESCHOOLERS

Age 2 - 4 years

Daily movement

Walking, running, skipping, hopping to your destinations, or around your environment

Chasing

Have your kids chase bubbles, a kite, a pull toy, or even you!

Playing active games

A few examples are 'Keep the Balloon Up', 'Puddle Jumping', 'Simon Says' and more



Learn to ride a bike

Try a tricycle, balance bike, scooter or two-wheeler bike (with or without training wheels)

CHILDREN

Age 5+ years



Organized sports or activities

Try anything and everything that your kids show an interest in, from soccer, baseball, or hockey, to dance, karate, rock climbing, or track

Obstacle courses

Set one up indoors or outdoors

Energetic games

Tag, skipping rope, follow the leader, musical chairs, or even races

Anything that's active and fun

Play a game of hockey using pool noodles instead of sticks, go on a nature scavenger hunt, or set up a game of hopscotch

For more ideas on age-appropriate activities and games to enjoy with your kids, visit [activeforlife.com](https://www.activeforlife.com)