

My Fit WIC goal for my toddler:

To achieve my goal I will:



Missouri Department of Health and
Senior Services
Bureau of WIC and Nutrition Services
P.O. Box 570
Jefferson City, 65102-0570
573-751-6204

Alternate forms of this publication for persons with
disabilities may be obtained by contacting the Missouri
Department of Health and Senior Services
at 573-751-6204.

Hearing and speech impaired persons telephone
1-800-735-2966 VOICE 1-800-735-2466

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION
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#1093 (12-08)

*Reference: Active Healthy Living: Prevention
of Childhood Obesity Through Increased Physical
Activity. AAP Policy Statement. Pediatrics Vol.
117 No. 5 May 2006. <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;117/5/1834.pdf>



Playing with Your
1-3 Year Old

Get Fit with WIC
Department of Health and Senior Services



1-3 year old

Why Physical Activity is Important for Your Toddler:

- It helps to build healthy bones, heart and muscles
- It develops motor skills and coordination
- It lets children explore, try new things and discover for themselves
- It helps children to grow and develop and to learn about the world around them
- It promotes lifelong healthy habits

Active Toddlers:

- Are less likely to misbehave and get in trouble
- Have a healthy weight and are less likely to become overweight
- Are more coordinated in their movement
- Are happier and healthier
- Sleep well

General Guidelines for Physical Activity:

The American Academy of Pediatrics* suggests:

- Parents should provide a safe and nurturing play environment
- Toddlers should enjoy outdoor physical activity and exploration

- Children younger than two years should not watch any television
- Total screen time (including TV, videos, computers and video games) for children two years and older should not be more than one to two hours per day

What Kinds of Activities Do Toddlers Enjoy?

- Copying parents and caregivers doing things
- Playing with toys they can push or pull
- Repeating movements
- Dumping things in and out of containers

Climb on and off of safe objects.



Outdoor Activities for Your Toddler:

- Play *Tag*: playfully chase your toddler or have your toddler chase you
- Ride a tricycle
- Throw balls back and forth
- Practice jumping and hopping
- Bounce or chase balls

Indoor Activities for Your Toddler:

- Play *Follow-the-Leader*: move your body parts and encourage your child to follow
- Play *Head-Shoulders-Knees-and-Toes*
- Stack building blocks
- Play with push and pull toys
- Dance to favorite music
- Play *Make Believe*: pretend that you are in a band, baking or hosting a tea party

Everyday Activities for You and Your Toddler:

- Take your child with you to do errands—avoid using strollers and carts
- Help your toddler walk up and down stairs
- Have your toddler carry and put away toys
- Buy small brooms or mops, let your toddler help you clean
- Wash the family car together