

Infants, Toddlers and Preschoolers

SETTING THE STAGE FOR A LIVE 5-2-1-0 CHILD

- Live 5-2-1-0 simplifies information on proper nutrition and physical activity into four simple guidelines for children.
- Achieving 5-2-1-0 on most days of the week will help children grow healthy and strong.
- While “Live 5-2-1-0” is an appropriate goal for children aged 5–12, the guideline needs to be adjusted slightly for children aged 0–4.

Move More!

- While 1 hour a day of active play has health benefits for all children, more is always better!
- When children are very young and developing movement skills such as crawling, walking and running they need plenty of space and time to practice. Children 0–4 years old need 180 minutes (or 3 hours) of active play each day for optimal health benefits.
- Read the Canadian Physical Activity Guidelines for the Early Years (children aged 0–4): <http://bit.ly/1uZeQXY>

Sit Still Less!

- To allow infants and toddlers time to be active, it’s also important to limit the time they spend being sedentary during waking hours. This includes prolonged sitting or being restrained for more than one hour at a time (for example, in a stroller, high chair or car seat).
- Screen time (including TV, computers and hand held devices such as smart phones and tablets) is not recommended for children under 2 years and should be limited to less than 1 hour per day for children 2–4 years old.
- Read the Canadian Sedentary Behaviour Guidelines for the Early Years (children aged 0–4): <http://bit.ly/1uNougD>

Build up to 5!

- By the time a child is 4 years old they should be aiming for 5 servings of vegetables and fruits each day. 2–3 year olds should be aiming for 4 servings per day.
- Visit the Best Chance website (<http://www.bestchance.gov.bc.ca/>) for healthy eating information for infants and toddlers.

