

The 24-hour Movement Guidelines - Birth to 5 years

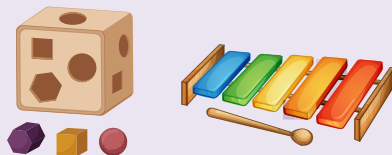


Babies 0-12 Months

GET ACTIVE EACH DAY
30 MINS



NO SCREEN TIME
0 MINS

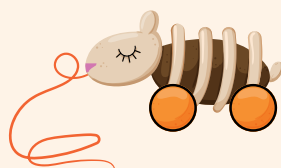


SLEEP
14-17 hours (0-3 months)
12-16 hours (4-11 months)

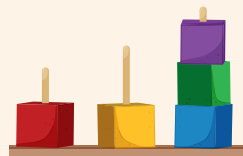


Toddlers 1-2 Years

GET ACTIVE EACH DAY
3 HOURS



1-2 YEARS
NO SCREEN TIME
0 MINS



+2 YEARS
1 HOUR SCREEN TIME
Less is best



SLEEP
11-14 HOURS



Preschool 3-5 Years

GET ACTIVE EACH DAY
3 HOURS



1 HOUR SCREEN TIME

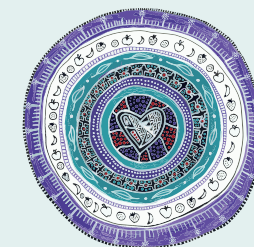


Less is best



SLEEP
10-13 HOURS

Good for kids
good for life



Worimi artist, Lara Went
"The heart of a child"