Designing an Active Lifestyle for Your Toddler

Parents as Teachers

At some point when he is 12 to 18 months of age, your child will begin to walk. He won’t be very steady at first, but he will be eager to practice his new skill.

Your child’s risk of obesity

Opportunities to play and make sure he gets those life-long good habits


to play

Watch him as he

Jumping on one

Walking around the block

Throwing or kicking balls of

time

A child aged 2 or younger may overeat. Children may overeat because of their genes. What they eat now they are fed and the influence of the world around them. No matter what the weight is now, a child under the age of 2 whose parents who are not overweight is likely to have a healthy weight as the group. But once a child turns 2, how much body weight may be a sign that he is at risk for obesity as the group up.

Overweight is not what you do with a child under the age of 2 who parent who are not overweight

This is where you come in. Your child will learn new things and play with others. By the time your child is 3, he will kick a ball and climb stairs without help. As your child gets older, he will want to try more. He will develop a more active lifestyle.

Here’s what will spark curiosity –

Swimming pool

Spinning in a hamster or

Walking around the block

Jumping over jump ropes or

Different sizes

Parent Handbook
For more ideas for keeping your child active, visit www.healthychildren.org

The more time a child spends being active, the more likely he is to be overweight. The more time he spends watching TV, the more time he spends being active. This can lead to weight gain. Set a TV Time Limit for your family. If you find your family’s day is busy, you may have to schedule play on the calendar. Make active play a priority.

Give your child 60 minutes of structured activity and at least one hour of physical activity each day. If you don’t have a structured activity chart, try designating time each day for active play. Give your child 30 minutes of structured activity.

Set a minimum