

HEALTH GUIDELINES FOR CHILDREN 3-5 YEARS

As recommended by the Western Australia
Health Department

PHYSICAL ACTIVITY



Children should be physically active for 3 hours every day. This should include at least 60 minutes of vigorous physical activity spread throughout the day

SEDENTARY BEHAVIOUR



Screen time should be restricted to 1 hour or less. Sedentary activities should include quiet activities such as reading, singing, completing puzzles with a caregiver.

SLEEP



10-13 hours of good quality sleep which can include naps with regular bedtime and waking routines.

Play everyday and have FUN!

