




# Let's make playtime fun and safe at the playground!

## Physical activity recommendations for children 0-6 years old:

 <p><b>0-1 year old</b></p> <p>Accumulate at least <b>30 minutes</b> of floor-based activities (e.g. lying on the tummy while playing with toys) daily.</p>	 <p><b>1-2 years old</b></p> <p>Engage in a variety of physical activities of any intensity for at least <b>180 minutes</b>, spread throughout the day.</p>	 <p><b>3-6 years old</b></p> <p>Engage in a variety of physical activities for at least <b>180 minutes</b> spread throughout the day, with <b>1 hour</b> of it on moderate to vigorous-intensity activity.</p>
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Outdoor playgrounds allow your child to engage in social play (unstructured and structured). Here are some physical activity examples:



**Hide and Seek/ Catching**



**Dribbling a ball with hand or foot**



**Maintaining your balance on a balance beam**

[Click here for more tips on physical activity.](#)

**Before you let your child play to their heart's content, here are some safety tips to note:**

- ✓ Teach your child safe play. ✓ Play with age-appropriate equipment.
- ✗ **Avoid:**
  - Letting your child play during rainy weather. They might slip and fall.
  - Clothes that have cords/drawstrings as they may get caught on equipment.
  - Unsafe equipment



**No handrails and barriers**



**Broken and poorly maintained**



**Wet equipment that are slippery**

- Avoid going down slides, with your child in your lap, to avoid accidental crushing of your child with your body weight.

**Do's and Don'ts**



**Supervise your child at all times.**



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