

Sit Less, Move More, Sleep Well: Active play guidelines for under-fives



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Sit Less, Move More, Sleep Well

Background

What these are and who they are for

What the evidence says

What the recommendations are

Where you can find them



Sit Less, Move More, Sleep Well

Background



14 Active Movement [guides](#) for children aged 0 – 5 years

10 Active Movement [video clips](#) for children aged 0 – 5 years



Released in 2005



Resource updates

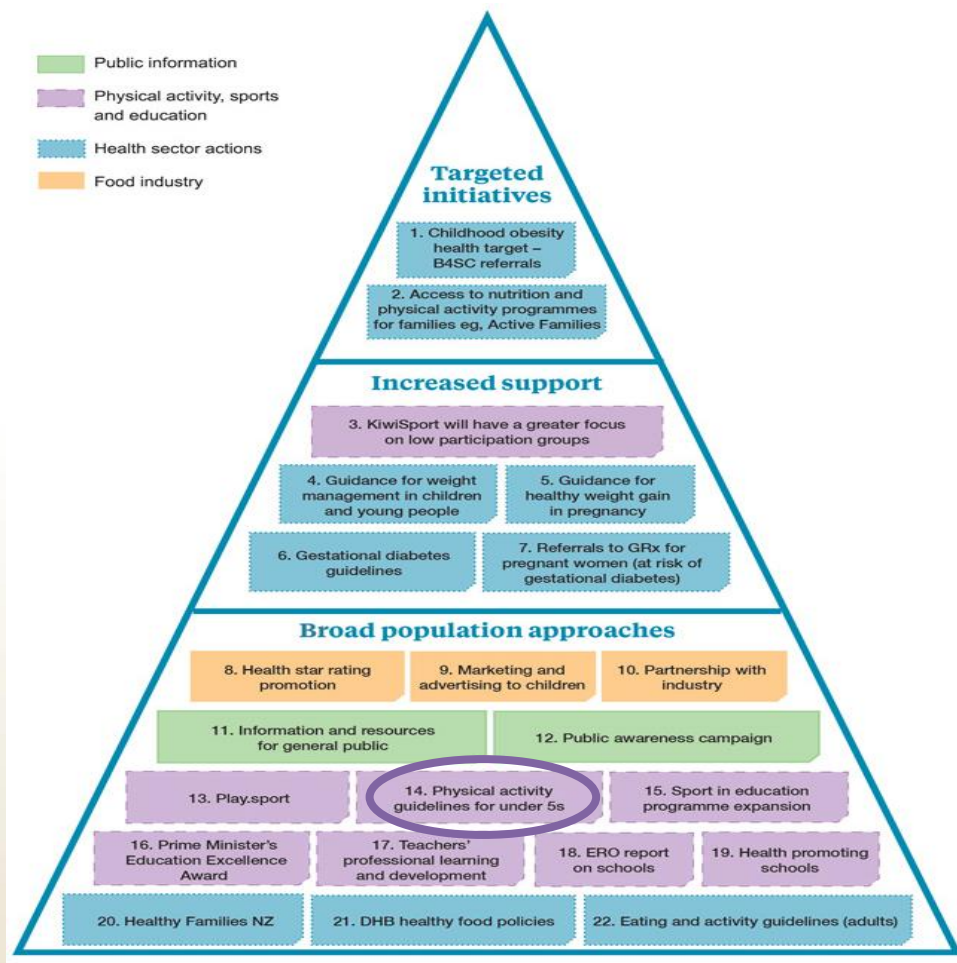
Sit Less, Move More, Sleep Well

What these are and who they are for



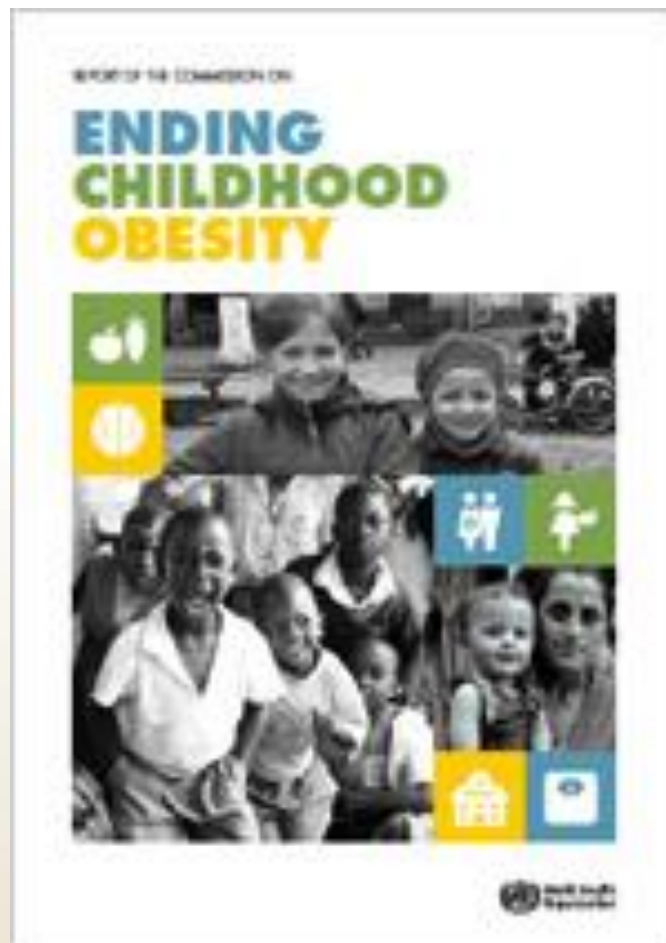
Sit Less, Move More, Sleep Well

Childhood obesity



Sit Less, Move More, Sleep Well

Childhood obesity



Sit Less, Move More, Sleep Well

What the evidence says

ALLEN+CLARKE

**REVIEW OF PHYSICAL ACTIVITY
GUIDANCE AND RESOURCES FOR
UNDER FIVES**

Final report for the Ministry of Health

December 2015



Sit Less, Move More, Sleep Well



Sit Less, Move More, Sleep Well

Central document

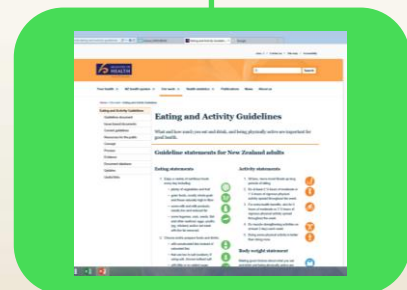
Health ed resources



Evidence



Fact sheets



Enhanced web presence

Issue based documents



Sit Less, Move More, Sleep Well

What the recommendations are



Sit Less background



TV viewing habits for under-fives



45 %

of children in New Zealand aged two to four years watched a weekly average of two or more hours of TV per day in 2014/15.



Sit Less background



Sit Less Guidelines



Provide regular activity breaks to limit the amount of time a child spends sitting.



Discourage screen time for under-two-year-olds and limit screen time to less than one hour every day for children aged two years or older – less is best!



Limit time in equipment that restricts free movement.

Move More background



Move More Guidelines



Provide fun activities that support physical, social, emotional and spiritual growth (at least three hours every day for toddlers and preschoolers, spread throughout the day).



Include plenty of opportunities for active play:



that develop movement competence and confidence



That provide sufficient challenges to build resilience and encourage creativity through exploration

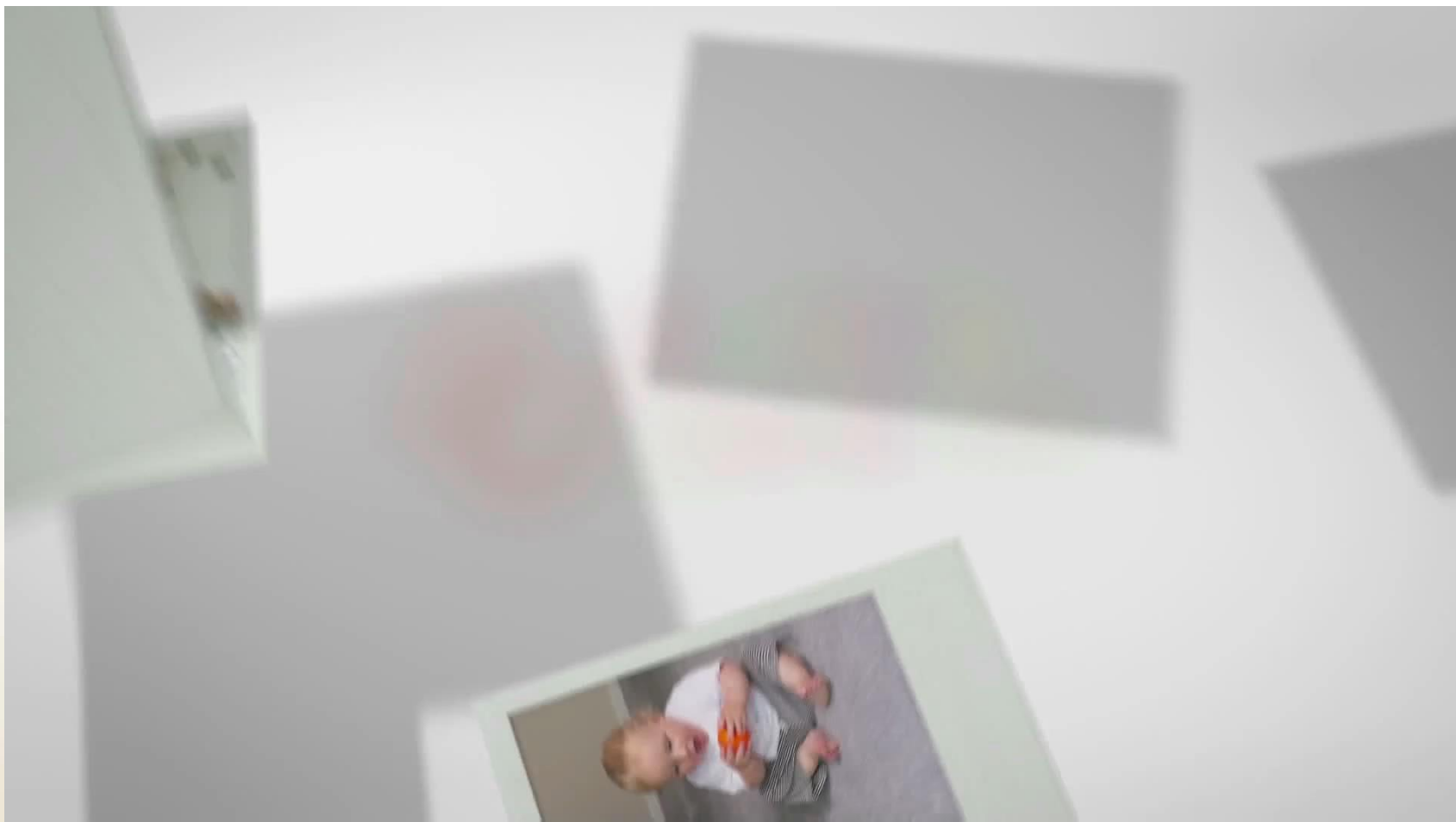


where children are by themselves as well as interacting with others, such as parents, siblings, friends, whānau/family and other caregivers

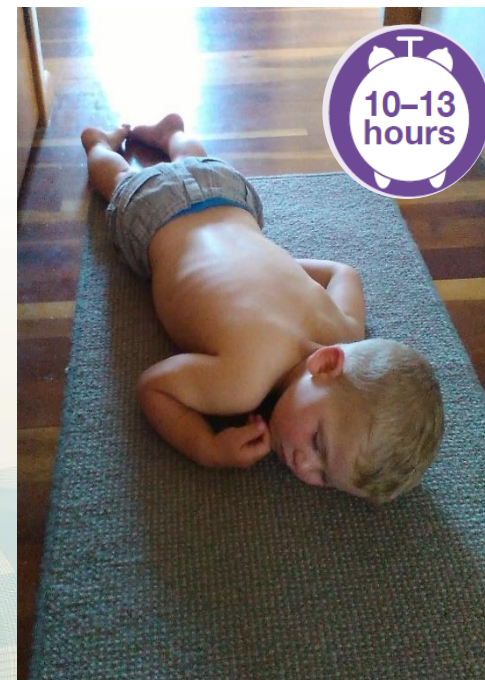


that include a variety of indoor and outdoor activities, especially activities involving nature.

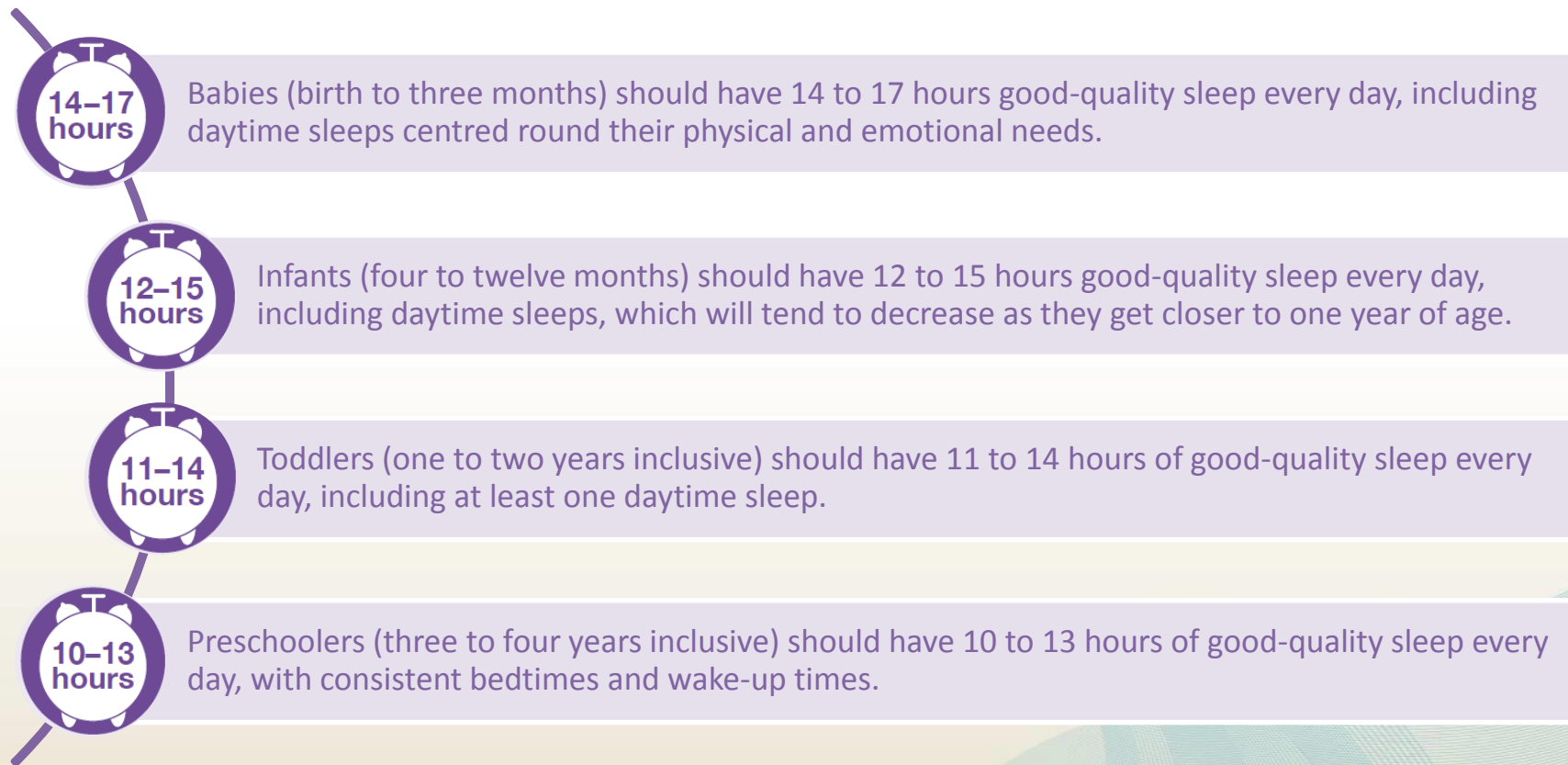
Move More



Sleep Well



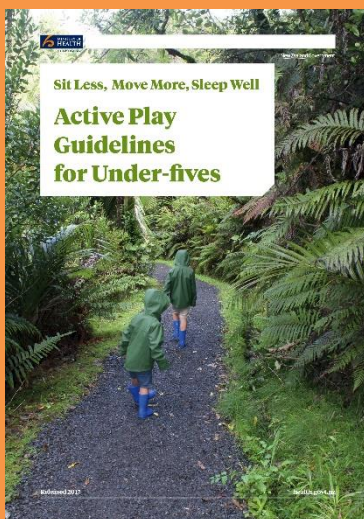
Sleep Well Guidelines



Sit Less, Move More, Sleep Well

Where you can find them

Issue based document



Resources



www.health.govt.nz/our-work/preventative-health-wellness/physical-activity

Why Sit Less, Move More, Sleep Well is important to me



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