

# The 24 hour Movement Guidelines - Birth to 5 years

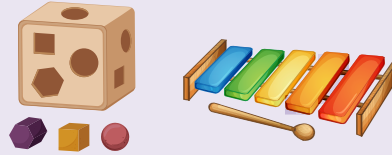


Babies 0-12 Months

GET ACTIVE EACH DAY  
30 MINS



NO SCREEN TIME  
0 MINS



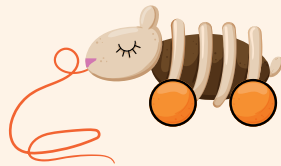
SLEEP

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

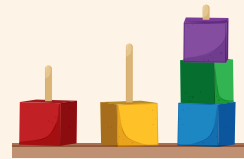


Toddlers 1-2 Years

GET ACTIVE EACH DAY  
3 HOURS



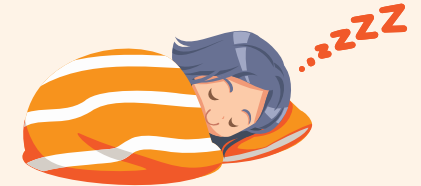
1-2 YEARS  
NO SCREEN TIME  
0 MINS



+2 YEARS  
1 HOUR SCREEN TIME  
Less is best



SLEEP  
+ 11-14 HOURS



Preschool 3-5 Years

GET ACTIVE EACH DAY  
3 HOURS



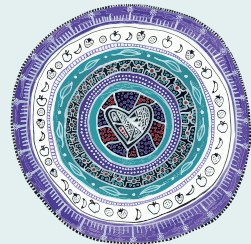
1 HOUR SCREEN TIME



Less is best

SLEEP  
+ 10-13 HOURS

Good for kids  
good for life



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