

DID YOU KNOW?



- Screen time should be reduced (NO screen time children under two).
- Children need to be encouraged to sleep more- lack of sleep can increase the risk of becoming overweight, The recommended hours of sleep per night are:
 - 11+ hours for under 5 year olds
 - 10+ hours for over 5 year olds
 - 9+ hours for over 10 year olds
- Being active can be fun for all the family! Any physical activity counts, even small activities help towards the 60 minutes a day of exercise recommended for children.



DID YOU KNOW?

- “Levels of physical activity among children, and girls in particular, are low”.



TIPS TO BEING MORE ACTIVE



1. For children who haven't been active start slowly with 15 to 30 minutes of activity, try build activity into your daily routine
2. Build up to at least 60 minutes a day.
3. Children need to play freely as well as participating in structured sports and activities. Running around, playing in the garden or park and having fun ALL count in getting their 60 mins.
4. Set them a task, kids love a challenge e.g. 'How many times can you throw and catch a ball?'
5. Get together with other parents and activate, you get a walk and chat while they get to play.
6. Get more active as a family, lead by example and join in.
7. Invest in good rain gear (jacket and wellies) don't let the rain slow you down. In very bad weather, swap outdoor activities for indoor ones e.g. disco in the kitchen!

USEFUL LINKS:

www.getirelandactive.ie
www.getalifegetactive.com



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www.rathfarnhamdaycare.ie



HEALTH & WELLBEING

EXERCISE

HEALTH & WELLBEING EXERCISE



At Rathfarnham Day Care we aim to support children's psychological and physical well-being by helping them to make healthy choices about nutrition, hygiene and exercise.

Our policy is to provide all children who attend the crèche full time with the opportunities for physical activity each day.

We have regard for "Ready, Steady, Play!" The National Play Policy.



Our staff has taken part in Buntus Start training which is a comprehensive physical activity programme rolled out through the Irish Sports Council for children aged 2-5 years. It has been designed for use in pre-school settings so that childcare practitioners can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity.



We have taken part in Irish Heart Foundation, DCU and Medtronic, Kids Active Move and Play Every Day Physical Activity Programme. "The Kids Active Programme has been developed to improve early childhood educator's skills in providing opportunities for active play, to help more children to become more active more often". "Kids Active aims to enhance both the quantity and quality of children's movement, and encourage the habit and enjoyment of physical activity".

We design our curriculum with exercise in mind and incorporate physical activity into our daily routine.

Below are some of the following physical activities we do within Rathfarnham Day Care to keep the children active:

- Outdoor Play
- Running
- Jumping
- Skipping
- Ball Games
- Cycling
- Yoga
- Buntus
- Dancing & Movement
- Tai Chi Classes



-  Classes
Movement and sport skills based programme for 2 to 8 years old
-  Classes
Early childhood physical education, nutrition and wellness programme

We walk children to and from school, "Walking to school is beneficial for children, the whole school community and the environment. Children who walk to school will experience more opportunities to be:"

- Active
- Social-meet friends and other children
- Independent, and
- Part of their community



"Children also experience increased levels of confidence and concentration. By increasing the amount of physical activity, there are also many health benefits including:"

- More energy
- Less stress & anxiety
- Greater sense of well-being
- Improved muscle tone and bone strength
- Reduce the risk of chronic diseases such as diabetes, heart diseases and cancer, as adults.



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