

ARE EDMONTON TODDLERS MEETING THE NEW CANADIAN 24-HOUR MOVEMENT GUIDELINES?

How can parents and the environment play a positive role?

Toddlerhood provides an opportunity to establish healthy behaviours.

Reducing sedentary time, especially screen time, and achieving sufficient physical activity and sleep are favourable towards healthy growth and development during toddlerhood and beyond.

For the Parents' Role in Establishing healthy Physical activity and Sedentary behaviour habits (PREPS) project, 257 parents of toddlers were recruited during immunization appointments with Alberta Health Services in Edmonton, Alberta, Canada.

The PREPS project investigated if toddlers are meeting the new 24-Hour Movement Guidelines and examined the role of parental and environmental characteristics in toddlers' physical activity and screen time.



GUIDELINES FOR TODDLERS 1-2 YEARS



MOVE

At least 180 minutes spent in a variety of physical activities at any intensity, including energetic play, spread throughout the day.



SLEEP

11 to 14 hours of sleep per 24-hour period.



SIT

For those under 2 years, sedentary screen time is not recommended.

For those aged 2 years, sedentary screen time should be no more than 1 hour per day.

99% meet the move recommendation
15% meet the sit recommendation
82% meet the sleep recommendation

99%

15%

82%



12%

Only 12% of toddlers meet all 3 of the recommendations



On average, toddlers spend 4.9 hours moving (4.0 in light play and 0.9 in energetic play), 1.4 hours in front of a screen, 5.1 hours in other sitting behaviours, and 12.6 hours sleeping per 24-hour period.

≥ 20 MIN/DAY
≥ 30 MIN/DAY
≥ 45 MIN/DAY
≥ 60 MIN/DAY



Proportion of toddlers engaging in different amounts of energetic play

WHAT CAN PARENTS AND PRACTITIONERS DO TO HELP?



FOR PARENTS

- Limit toddler's screen time to align with the guidelines
- Limit your own screen time to role model for your toddlers
- Ensure bedrooms are screen free zones
- For quiet activities, try reading, storytelling, crafts, or puzzles, rather than screens
- Trade indoor time for outdoor time
- Create a supportive home environment that balances moving, sitting, and sleeping



FOR PRACTITIONERS

Provide and develop resources with appropriate and feasible strategies for parents to:

- Limit toddler's screen time in line with the guidelines
- Boost their confidence in facilitating active play with toddlers
- Identify safe places to play outdoors across all seasons
- Provide non-screen based indoor play activities for toddlers and the whole family

RESOURCES

- Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep: www.csep.ca/guidelines
- ParticipACTION: www.participation.com/en-ca
- Create a Family Media Plan: www.healthychildren.org/English/media/Pages/default.aspx
- Campaign for a Commercial-Free Childhood: www.commercialfreechildhood.org/resource/screen-free

BROUGHT TO YOU BY:



The Behavioural Epidemiology Lab (www.ualberta.ca/~vlcarson) in the Faculty of Kinesiology, Sport, and Recreation would like to thank Alberta Health Services for facilitating recruitment and all the toddlers and parents who took part in this study.

FOR MORE INFORMATION, CONTACT THE ALBERTA CENTRE FOR ACTIVE LIVING
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