

July 2019

Let's get moving shall we?

Did you know?

- Physical activity is central to a baby's normal growth and development. This continues through school and into adulthood and older years
- Being physically **inactive** remains one of the top ten causes of disease and disability
- Parents, carers, grandparents and siblings can be important role models and when families are active together everyone benefits.



Key messages to share with parents -

- Physical activity helps your child build strong bones and maintain a healthy weight. It allows them to discover the world around them and best of all, its great fun!
- Physical activity should be encouraged from birth, particularly through floor based play and water based activities in safe environments
- Tummy time for babies helps strengthen the back, neck and shoulders, as well as giving them a different view of the world!
- Babies and children shouldn't stay sitting in a buggy or car seat for long periods
- Children who can walk on their own should be physically active every day for at least three hours, spread throughout the day.

Resources-

- [Family Assist](#) - Access to a wide range of resources, local and national information, including information about physical activity
- Dept of Health 2015. [start active, stay active: infographics on physical activity](#)
- [Change4life](#) - Lots of ideas to increase family activity including the 10 minute shake up campaign. Also downloadable resources at the [School Zone](#)
- [NHS Choices](#) - Information and tips for all the family to get active including the famous couch to 5k app!
- [Start4life baby moves](#) - Tips and advice to get babies moving
- [Games all children can play](#) - A guide showing how disabled and non-disabled children can easily play together
- Posters - [Start Active, Stay Active](#) Physical activity guidelines for babies, children and adults – really good information!
- [Poster - tummy time](#) - Suggestions for tummy time activities



- [Family Information Service](#) - Information about local physical activities for children
- [Bikeability](#) - Get school aged children ready to cycle safely
- [West Sussex Wellbeing – physical activity programmes](#) - Contact information for local programmes to support adults and families to be more active
- Public Health England [One You](#) campaign including the Active 10 app to encourage physical activity
- [Leaflet](#) - Promoting baby physical development from lying to sitting
- [Ready Steady Mums](#) - A volunteer-led community exercise movement for mums from the Institute of Health Visiting. Includes resources and information about how to set up a local group.



References to support evidenced based practice-

- BMJ open. (2019). [Socioeconomic and ethnic differences in children's vigorous intensity physical activity](#)
- Dept of Health. (2011). [Physical activity guidelines](#)
- NICE. (2019). [Physical activity: encouraging activity in the community](#)
- NHS Digital. (2019). [Statistics on Obesity, Physical Activity and Diet](#)
- Public Health England. (2011). [Start active stay active](#)
- Public Health England. (2014). [Everybody active every day 2 years on](#)

Learning and development -

- [All our health: evidence based e-learning](#) - Free bite-sized e-learning sessions covering some of the biggest issues in public health - including physical activity.