

CANADIAN 24-HOUR MOVEMENT GUIDELINES

FOR THE EARLY YEARS (0-4 YEARS)

SLEEP

INFANTS LESS THAN 1 YEAR

14 to 17 hours (for those aged 0-3 months) or 12 to 16 hours (for those aged 4-11 months) of good-quality sleep, including naps.

TODDLERS 1-2 YEARS

11 to 14 hours of good-quality sleep, including naps, with consistent bedtimes and wake-up times.

PRESCHOOLERS 3-4 YEARS

10 to 13 hours of good-quality sleep, which may include a nap, with consistent bedtimes and wake-up times.

INFANTS LESS THAN 1 YEAR

Being physically active several times in a variety of ways, particularly through interactive floor-based play—more is better. For those not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake.

TODDLERS 1-2 YEARS

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

PRESCHOOLERS 3-4 YEARS

At least 180 minutes spent in a variety of physical activities spread throughout the day, of which at least 60 minutes is energetic play—more is better.

INFANTS LESS THAN 1 YEAR

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

TODDLERS 1-2 YEARS

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

PRESCHOOLERS 3-4 YEARS

Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.



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