



Services for Young Children

Blog article

Physically Active Play

This guide is designed to help early years practitioners plan and organise physically active play environments for children under five and has been very well received in its first year, which has recently led to a second re-print. Please find attached a flyer outlining more information and how it can be obtained.

As part of this resource, there are also two parent leaflets included, 'Help your baby move and play every day' and 'Help your child move and play every day.' These leaflets are intended to provide parents with some of the key messages about the importance of early movement opportunities and suggest some basic ideas for active play at home.

Practitioners are able to order up to 200 copies of these leaflets for their parents and practitioners have found these to be a useful way of engaging with parents and helping to communicate some of the important messages around physical activity. These leaflets and the resource are free and can be downloaded or ordered from the British Heart Foundation website:

<http://www.bhf.org.uk/childrens-resources/babies-and-nursery.aspx>