

Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age ^[1]

Author: World Health Organization

Source: World Health Organization

Format: Report

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AVAILABILITY

Access online ^[2]

Access online [PDF] ^[3]

Overview

Early childhood is a period of rapid physical and cognitive development and a time during which a child's habits are formed and family lifestyle habits are open to changes and adaptations.

The WHO Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age provide recommendations on the amount of time in a 24-hour day that young children, under 5 years of age, should spend being physically active or sleeping for their health and wellbeing, and the maximum recommended time these children should spend on screen-based sedentary activities or time restrained. They were developed using the best available evidence, expert consensus and consideration of values and preferences, acceptability, feasibility, equity and resource implications.

Related link:

Standards for healthy eating, physical activity, sedentary behaviour and sleep in early childhood education and care settings ^[4]

Region: International ^[5]

Tags: child development ^[6]

wellbeing ^[7]

Source URL (modified on 30 Apr 2025): <https://childcarecanada.org/documents/research-policy-practice/25/04/guidelines-physical-activity-sedentary-behaviour-and-sleep>

Links

[1] <https://childcarecanada.org/documents/research-policy-practice/25/04/guidelines-physical-activity-sedentary-behaviour-and-sleep> [2]

<https://www.who.int/publications/i/item/9789241550536> [3] <https://iris.who.int/bitstream/handle/10665/311664/9789241550536-eng.pdf?sequence=1> [4]

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