


## How to keep your children healthy (and busy!) during a pandemic:

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### I want to keep my children active, but how do I also keep them safe?

As mentioned above, exercise has many health benefits AND will keep your children occupied while they are stuck at home all day.

The AAP recommends that children ages 3-6 should have 3+ hours of activity during the day. Children ages 6 and over should have 60 minutes of physical activity most days of the week. Children don't have to meet this recommendation all at once, it can be broken up during the day. Scheduling exercise breaks during the day will also help school-aged children stay focused. Check out this chart from [healthychildren.org](http://healthychildren.org), which summarizes these recommendations.

 Physical Activities by Age					
Infants	Toddlers	Preschoolers	Elementary students	Middle schoolers	Teenagers
Tummy time while awake.	Neighborhood walks or free play outside.	Tumbling, throwing, & catching.	Free play and organized sports focused on fun.	Activities that encourage socialization. Avoid specializing in one sport.	Activities that encourage socialization and competition, when appropriate.
30+ minutes throughout day.	3+ hours throughout day.	3+ hours a day, including 1 hour of moderate to vigorous activity.	60+ minutes of activity most days. Muscle/bone strengthening activities 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.

*Your children may not be able to go to the playground or their sports practice, but there are other ways to stay active (and keep the parents active, too!)*

1. Go outside! Whether it's in your backyard playing a game, going for a walk or jog, going on a bike ride, rollerblading, riding a scooter, the options are endless.
2. Have a dance party (Check out **Just Dance** on Youtube if you need inspiration! ([https://www.youtube.com/results?sp=mAEB&search\\_query=just+dance+](https://www.youtube.com/results?sp=mAEB&search_query=just+dance+) )
3. For children ages 5-12, **GoNoodle** has many options (found on You Tube) for dance, yoga, and fun exercise videos! (<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>)
4. **Cosmic Yoga** for children 3+ will help them move their bodies while practicing mindfulness and relaxation (<https://www.youtube.com/user/CosmicKidsYoga>)

5. **Fitness blender** also has kid friendly workouts  
(<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>)
6. Pretend you're a Star Wars character with these **Glen Higgins** workouts  
(<https://www.youtube.com/user/Glenhigginsfitness>)
7. For older children or teenagers, start a family fitness challenge (push-ups, crunches, jumping jacks, etc)
8. Teens can Facetime their friends and do a work-out together

### **How do we keep our family eating healthy in this time?**

This is a great time to cook and eat together as a family. Try new recipes that you normally don't have time to prepare and cook.

1. From banana pancakes to homemade granola bars to fruity coleslaw, **ChopChop** is a great resource to find nutritious, family friendly recipes.  
(<https://www.chopchopfamily.org>).
2. **Healthychildren.org** is another great place to find more recipes!  
(<https://www.healthychildren.org/English/healthy-living/nutrition/chop-chop-magazine/Pages/default.aspx>)
3. Schedule snack times to prevent constant grazing. Try to avoid buying and offering cookies and chips as snacks – keep these as treats! Try new healthy snacks, like nuts or celery with peanut butter (which is a personal favorite!)

If you're overwhelmed by the thought of what to buy at the store, always go back to the basics – fruits, vegetables, and whole grains. Frozen fruits and veggies are a great option if you want to limit your grocery store trips. These are better options than canned varieties, which typically have more processed sugars.

*Make sure they drink **WATER!** Children ages 5-8 should drink 5 glasses (1 liter) per day, ages 9-12 should have 7 glasses (1.5 liters), and 13+ should have 8-10 glasses (2 liters).*

**Don't forget about sleep!** Check out the recommended hours of sleep by age (obtained from [Healthychildren.org](http://Healthychildren.org)). Sleep will help regulate their metabolism and mood

### Recommended Amount of Sleep for Pediatric Populations\*

Age	Recommended Sleep Hours per 24 Hour Period
<b>Infants:</b> 4 to 12 months	12 to 16 hours (including naps)
<b>Toddlers:</b> 1 to 2 years	11 to 14 hours (including naps)
<b>Preschoolers:</b> 3 to 5 years	10 to 13 hours (including naps)
<b>Gradeschoolers:</b> 6 to 12 years	9 to 12 hours
<b>Teens:</b> 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.