



24-HOUR MOVEMENT GUIDELINES FOR PRESCHOOLERS (3-4 YEARS)

FOR HEALTHY GROWTH AND DEVELOPMENT DURING THEIR FORMATIVE YEARS, IT IS RECOMMENDED THAT CHILDREN SHOULD ACHIEVE A HEALTHY BALANCE OF MOVEMENT, HIGH-QUALITY SEDENTARY BEHAVIOR, AND SUFFICIENT SLEEP. FOR CHILDREN AGED 3-4 YEARS, THIS INCLUDES:



3 HOURS OF MOVEMENT

Children ages 3-4 years should spend **at least 180 minutes** in a variety of types of physical activities at any intensity, **60 of which should be moderate- to vigorous-intensity** physical activity over the course of the day.

10-13 HOURS OF SLEEP

Children ages 3-4 years should have **10-13 hours of good quality sleep** (including naptimes), with consistent bedtimes and wake-up times.

LIMITING SIT & SCREEN TIME

Sedentary **screen time should be no more than 1 hour** in duration for children ages 3-4. Preschool-aged children should not be restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods.

HIGH-QUALITY SEDENTARY TIME

Any additional sedentary time should be spent engaging in enriching activities such as **reading, storytelling, singing, or puzzles with the caregiver** every day.