

# ACTIVE PLAY FOR KIDS 1–5 YEARS OLD

## ACTIVE PLAY GETS KIDS MOVING!

- Provide time for physical activities for your child everyday.
- The type of active play depends on your child's development and age.
- Encourage, but don't push too hard if your child doesn't want to do something.
- Be safe. Use safety equipment, like a helmet, to prevent injuries.
- Be active together as a family. Parents are strong role models.



## Things you can do with your child:

- Kick, toss, or catch a ball
- Jump, hop, skip or run
- Pedal a tricycle
- Tumble
- Swim
- Dance to music
- Swing
- "Tag and You're It"
- Play Hopscotch
- Crawl through a homemade obstacle course
- Build a sandcastle
- Pick up toys
- Go for a walk
- Help around the house or in the garden



## PLACES TO CALL FOR GROUP ACTIVITIES:

Ask for scholarship information if financial assistance is needed

### Santa Rosa Recreation and Parks:

Finley Center 543-3737  
Steele Lane 543-3282

Petaluma Community Center 778-4380

Rohnert Park Recreation Department 588-3456

Sebastopol Community Center 823-1511

Town of Windsor Recreation & Parks 838-1260

YMCA Office 544-1829

YMCA Gym/Swim Center 545-9622

*Parks and Recreation are listed in the light blue front section of the phone book under:*

*City Government Offices—Recreation & Parks*

*County Government Offices—Parks Department*

*California State Government Offices—Parks & Recreation Department*

*United States Government Offices—Physical activity information 1 800-232-4636*

For additional copies of this guide, please visit: [www.sonoma-county.org/health/wic](http://www.sonoma-county.org/health/wic)  
or call (707) 565-6680