

For daily updates on services available in your area during COVID-19

~~DAILY UPDATE~~

HSC Southern Health and Social Care Trust
 Quality Care - for you, with you

COVID-19 (CORONAVIRUS)
 Everyone in Northern Ireland should now be using social distancing

2 metres
 6 feet
 Stay at least 2 metres away from other people
 Visit www.phs.ni.uk/coronavirus for latest information and advice on coronavirus

STAY ACTIVE @ HOME FOR UNDER 5'S

BENEFITS OF BEING ACTIVE FOR UNDER 5'S

- Builds relationships & social skills
- Maintains health & weight
- Contributes to Learning & brain development
- Improves Sleep
- Develops muscles & bones
- Encourages movement & co-ordination

EVERY MOVEMENT COUNTS

- Tummy time
- Free play
- Crawling
- Messy play
- Climbing
- Walking
- Active play
- Dancing
- Jumping
- Throwing and catching
- Cycle
- Skipping
- Obstacle courses
- Break up sitting time

#Stayactiveathome Every movement counts!

It is really important that both babies and young children are supported and encouraged to move more to strengthen their bones, muscles, to help brain development, etc. Every movement counts!

Find out more [HERE](#)

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STAY ACTIVE @ HOME FOR FAMILIES

Benefits of physical activity for children & young people

- Develops Co-ordination
- Strengthens Muscles & Bones
- Improves Sleep
- Improves concentration & Learning
- Improves health & fitness
- Makes you feel good

IDEAS ON HOW TO BE ACTIVE AT HOME

- Play
- Go outside for a walk with the family
- Sports
- Daily Mile at home
- Go outside for a family cycle
- Active learning
- Online videos at home
- Dance
- Break up sitting time

#Stayactiveathome Every movement matters

We all need ideas on how to keep our families active under the current social isolation guidelines.

You don't need special equipment and you can be active anywhere, even in your own home.

Find out more [HERE](#)