

MEDIA RELEASE



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Physical activity in infancy and childhood

For many Australian families, life is becoming increasingly inactive. Many people drive rather than walk, work long hours and watch TV or other screen based entertainment for leisure.

However, if your child learns the joy of active play from a young age they can make being physically active a habit for life. Through active play young children develop healthy bodies, learn to use small and large muscle groups and develop other important skills. Plus children find active play lots of fun!

Active play is an important part of play based learning in early childhood education and care settings.

The Federal Government released its physical activity recommendations in 2010. For the early years it recommends encouraging infants to be physically active from birth.

For this age group, supervised floor based play is ideal. The way Churches of Christ Care's Withcott Early Childhood Centre educators interact with and encourage infants in active play helps to start children along the path to the five outcomes of the Early Years Learning Framework. Through active play infants can become confident and involved learners and develop a strong sense of identity.

The Federal Government also recommends children between one and five years should be physically active for at least three hours a day which can be spread throughout the day. For children aged between two and five, any screen time (TV, computers, DVD's, electronic games) should be limited to less than an hour a day. For children less than two years there should be no screen time.

Active play can be creative quiet play or simply be moving around. At other times active play will be much more vigorous – running, jumping, climbing, and dancing. Again each active play experience contributes to the Early Years Learning Framework outcomes. By teaching children a new skill and helping them begin to master it, children can develop a connection with their world and enhance their ability to contribute.

An extract from Childcare and Children's Health March 2011

At Churches of Christ Care's Withcott Early Childhood Centre we have uninterrupted play times that allow educators and children to explore all aspects of physical activity while they are at the centre.

Churches of Christ Care's Withcott Early Childhood Centre currently has vacancies for 2011. If you would like further information about our curriculum or to enrol your child, phone the centre on 4630 3722.

For further information, please contact:

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About Churches of Christ Care

Churches of Christ Care is a division of Churches of Christ in Queensland—a group of churches that is part of the worldwide Christian church.

We strive to create an inclusive, caring, compassionate environment that meets our clients' needs without discrimination or prejudice. Everyone is welcome to call on our help regardless of their religious background.

Churches of Christ Care is one of Queensland's leading providers of early childhood, child protection, affordable housing, retirement living and aged care services. We are a not-for-profit organisation that supports more than 27,000 clients each year in urban, rural and remote areas.

We operate 137 services throughout Queensland with the support of more than 2,800 staff and over 700 volunteers.

Churches of Christ Care is built on a foundation of Christian values, commitment to quality care, and trust and respect for clients and the community.