

2025 KACO Posts

January

Healthy Active Living Behaviors #2: Activity

The Clinical Report on Healthy Active Living stresses individual choices and nowhere is the importance of individual choice and appropriateness more evident than in promotion of physical activity. Preference for aerobic vs resistance, individual vs team, competitive vs non-competitive, personal vs social, indoor vs outdoor as well as physical limitations and financial or time constraints makes selecting activities very personal. As with nutrition, the guidelines we give can help families organize around the developmental stage.

Infancy: Encourage tummy time and limit time in confining equipment like seats and strollers.

Toddlerhood: Promote active play and development of fundamental movement skills.

Preschool: Encourage outside time and at least 15 minutes of activity per day.

School Age: Encourage free play and organized sports if interested, aim for 60 minutes of moderate to vigorous activity per day including muscle and bone strengthening activities three times per week.

Adolescence: As above, shoot for 60 minutes of activity per day with muscle strengthening three times per week, encourage movement in activities of daily living, support continued participation in athletics and enjoyable physical activities.

FUN RESOURCE TO HELP YOU PRESCRIBE EXERCISE: [Exercise is Medicine website](#)

February

Healthy Active Living Behaviors #3: Sleep

The understanding of the importance of sleep in health promotion has advanced remarkably over the past thirty years. Appetite regulation, cell repair, mental health, emotional well-being, longevity, metabolic health, and other functions are influenced by sleep. And getting only six hours a night is not enough, even for us busy pediatricians. Below is a summary of advice to share with your patients based on developmental stage.

Infancy: Establish good routines and sleep initiation, 14-17 hours for young infants, 12-16 for older infants

Toddlerhood: 11-14 hours per day, promote good sleep hygiene, promote bath, brush, book, bed (4B's), keep tv out of bedroom

Preschool: 10-13 hours per day, avoid screen time before bed, promote 4B's

School Age: 9-12 hours per day, same as above with screens and 4B's, no media in bedroom

Adolescence: 8-10 hours per day, avoid media as above

Looking for a simple screening tool for sleep disorders? Click [here](#).