

## 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](#).

## **March**

### **Healthy Active Living Behaviors #4: Media Use**

Over the past several years, the AAP has gotten much more sophisticated with regard to media use. While 5-2-1-0 is still useful to start the discussion with regard to healthy active living, we can now get much more individualized and specific. Check out this very helpful [AAP Family Media Plan](#) and keep the following guidelines in mind for your families.

*Infancy:* Avoid media except for interactive video chatting

*Toddlerhood:* chose only high-quality programming viewed together up to 18 months; 1 hour or less for ages 2-5 years; avoid screen “baby-sitting”

*Preschool:* Limit as above keep tv out of bedroom and avoid within 1 hour of bedtime

*School Age and Adolescence:* Keep Individualized Family Media Plan and continue to avoid media in bedroom and within 1 hour of bedtime

## **April**

### **Healthy Active Living Behaviors #5: Social-Emotional Wellness**

Like many health indicators, the pandemic did mental health in youth no favors. Healthy active living depends on solid social-emotion and mental health wellness. No one needs to be reminded that depression, anxiety and eating disorders are on the rise. We must be diligent in screening, identification, and treatment. What follows are some developmental stage-based recommendations from the Healthy Active Living Clinical Report.

*Infancy:* Promote healthy interactions and bonding, promote good sleep

*Toddlerhood:* Promote positive parenting, start good nutrition, activity, and sleep habits; link to behavior and parenting supports as needed

*Preschool:* Develop emotional literacy and managing feelings, link to behavior supports as needed, continue to foster healthy nutrition, activity, and sleep habits

*School Age:* Continue to develop management of emotions strategies, foster good nutrition, sleep, activity and media use habits, screen for anxiety in children over 8 years, link to supports

*Adolescence:* Screen for depression and suicide risk over age 12 years, continue to develop healthy habits and link to supports as needed