



Early Childhood Australia
A voice for young children

**OUR
VISION:
EVERY
YOUNG
CHILD IS
THRIVING
AND
LEARNING**

MEDIA RELEASE

Tuesday 21 November 2017

New Movement Guidelines for young children welcome

Early Childhood Australia (ECA) today welcomed the release of the ***Australian 24 Hour Movement Guidelines for the Early Years (Birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep.***

'The guidelines provide useful information to parents about the levels of physical activity that young children need to engage in to ensure optimum health and wellbeing. They will also be useful to early childhood educators and services supporting young children through daily routines that include physical activity such as play, as well as quiet activities like story time and rest time' said ECA CEO, Samantha Page.

'There is considerable professional skill involved in providing young children in early childhood settings with optimal environments and guidance to ensure that each individual child engages in activities that support physical wellbeing as well as cognitive and social-emotional development, every day,' said Ms Page.

Professor of Physiotherapy at Curtin University, Leon Straker said The *Australian Movement Guidelines* remind us to monitor the amount of time children are sedentary, which can be increasingly difficult in the digital technology age with the strong allure of screen-based activities.

'With expanding functionality and portability of digital devices, both parents and educators can encourage children to use digital technology in ways that promote more frequent movement and activity – for example making their own action movie or recording a dance routine', said Professor Straker.

'Parents and early educators need to consider what kind of digital activity young children are engaged in, what the educational and/or social benefits are, how much physical movement is involved and what other non-digital activities are being displaced to ensure that children's use of digital technology maximises their educational, physical, emotional and social development,' said Ms Page.

Professor Straker co-chairs 'ECA's expert digital policy group, which is working to develop further guidance on young children's use of digital technology. Professors Straker and a range of national and international speakers will explore this topic at the Live Wires Forum in Melbourne this week,' concluded Ms Page.

More on the Australian 24 Hour Movement Guidelines for the Early Years on this Health Department [webpage](#)

To arrange interviews contact: ECA Media Manager Carolin Wenzel on 0475 554 999

Samantha Page, CEO Early Childhood Australia

Professor Leon Straker, Professor of Physiotherapy, Curtin University

Watch [Today Tonight story](#) on new action-motion study on children using technology, by Prof Straker
[to unmute click speaker icon at far right bottom of screen when TT page opens]

Find out more about Live Wires Forum [here](#)

Early Childhood Australia is the peak advocacy body for children under eight, their families and early childhood professionals.