

THE CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR THE EARLY YEARS

SOCIAL MEDIA KIT

ParticipACTION and our partners have prepared a number of posts to make it easy for you to communicate the Canadian 24-Hour Movement Guidelines for the Early Years.

These messages can be shared on Twitter, Facebook or Instagram.



The Canadian 24-Hour Movement Guidelines for Early Years (0-4) can tell you what your infant, preschooler or toddler needs to be healthy. Learn more at <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4> #24HourGuidelines

How much sleep, screen time, and movement does a toddler need to be healthy? Find out at <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4> #24HourGuidelines

Excessive screen time in kids before age five is linked with language delays, reduced attention and lower school readiness. Learn more at <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4> #24HourGuidelines

How do you avoid a toddler's tech tantrum? Learn how to minimize screen time for kids under 5 by clicking here for practical tips: http://www.recreationnl.com/wp-content/uploads/2018/04/Early-Years_FACT_SHEET_Final.pdf #24HourGuidelines

As a parent, you want your child to be as healthy as possible. Set them up for success by following the #24HourGuidelines for the Early Years. http://www.recreationnl.com/wp-content/uploads/2018/04/Early-Years_ONE_PAGER_Final.pdf

What are the #24HourGuidelines for the Early Years? Watch this video to learn how they can benefit your child's health: <https://www.youtube.com/watch?v=rjYntJi5CcQ>