

Bailiwick Guidelines - physical activity and sedentary behaviour:

Recent updates and putting guidelines into ACTION

a. Recent updates to activity guidelines: Canada and Australia



In putting together local physical activity guidelines, the working group noted new 24 Hour Movement Guidelines produced in Canada and Australia during 2016 would be monitored. Both these countries have recently published **24 hour movement guidance for early years**, to complement those already in place for children and young people: <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4>. Particular points in this new guidance include:

- A specific mention of **duration for tummy time** in non-walkers (at least 30 mins spread throughout the day).
- **Screen time is not recommended** for children under 2, but reading and story-telling by the caregiver are highlighted as activities promoted whilst a child is sedentary.
- During the 180 minutes it is recommended a child of 3-4¹ is active in a day, 60 minutes of that is recommended as being **'energetic play'**.
- Trading indoor time for **time spent outside** can confer even greater health benefits.

b. Recent updates to activity guidelines: UK



The UK physical activity guidelines **are currently under review** and Dr Simon Sebire has a link with the review group. Although he feels it is unlikely the existing recommendations will be significantly amended, he will update the Be Active Forum with the results.

c. Implications for activity guidelines: The Bailiwick



The local working group continue to monitor new guidance and will look to amend local guidance accordingly.

In the first instance – and in light of the developing interest in 24 hour movement guidelines, as above – a new sleep resource has been produced by the Guernsey Educational Psychology Service ('Sleep for Children and Adolescents' that includes **local sleep guidelines**. We would encourage Be Active Forum members to please use and share these guidelines:. **Please go to the Be Active Website to see the resource:** www.gov.gg/beactive

d. Putting the Bailiwick guidelines into action

To be of any use, guidelines obviously need to be translated into the everyday lives of our community. Helping to make sense of the guidance in amongst a family's own daily patterns will help to build saliency, increasing the chances of behaviour change.

Next term, we are going to be **looking for any willing schools** to help design and trial a tool/project to translate physical activity guidelines into realistic daily patterns for children. More details next term.....

¹ 3-5 years in Australia