Physical activity in toddlers

Introduction: The concern with the practice of physical activity is not current. Some studies show that when practiced moderate and regularly it is beneficial for health promotion (Lima, Levy & Luiz, 2014). Others point out that, in the 0-4 age group, physical activity is beneficial for children's health and development, associated with results compatible with the improvement of children's health and development (Timmons et al., 2012).

Objective: To analyze toddlers' physical activity habits.

Method: Descriptive and inferential study with a quantitative approach. Data collected by questionnaire between March 2018 and March 2019 and treated using IBM-SPSS 25. 808 parents of toddlers who attended daycare centers in the district of Viseu answered the questionnaire. The majority of toddlers (50.4%; n=407) were male, 46.5% of children were between 12-23 months old, 44.1% between 24-35 months old and 9.4% 36 months old.

Results: It was found that 14.2% of toddlers practiced physical activity, weekly scheduled. Of these, 83.5% did it once a week, on average for 45 minutes. The results of physical activity, according to age, indicate that children aged 36 months old are the ones who most practice physical activity (M=2.58±1.25), followed by those aged 25-35 months old (M=2.43±1.35) and those less 24 months old (M=2.06±1.21). It was concluded that there are statistically significant differences in the time of physical activity, depending on age (p=0.000), which are between children aged <24 months old and children aged 25-35 and 36 months old.

Conclusion: In view of the results, we concluded that the children had levels of physical activity below that recommended for their age. Considering the importance of physical activity for children's health and development and for the maintenance of health in adulthood, nurses should reinforce their parents' teaching on this topic.
Keyword: physical activity; toddlers

Bibliographical references:
