

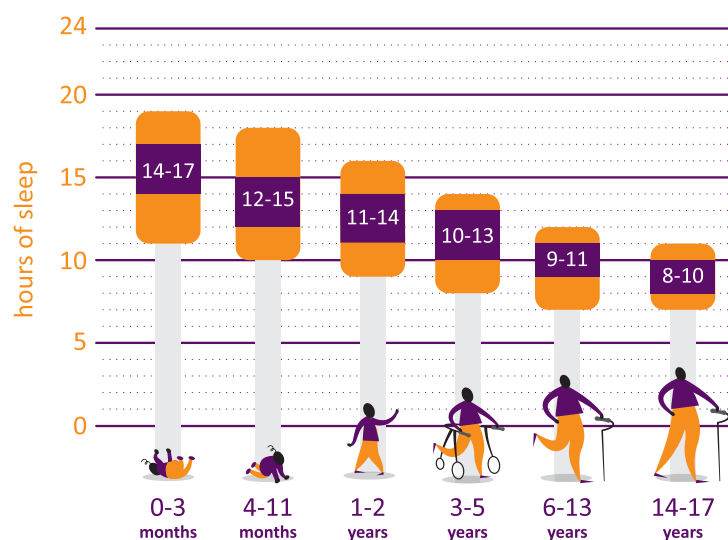
THE WHOLE DAY MATTERS 24-HOUR ACTIVITY GUIDELINES FOR CHILDREN AND ADOLESCENTS WITH CEREBRAL PALSY.

A GOOD NIGHT'S SLEEP,
REGULAR EXERCISE, AND LIMITED SITTING
ARE RECOMMENDED FOR PHYSICAL
HEALTH, DEVELOPMENT, AND WELL-BEING.

HAVE ENOUGH HOURS OF GOOD
QUALITY SLEEP, INCLUDING NAPS,
WITH REGULAR BEDTIME ROUTINES.

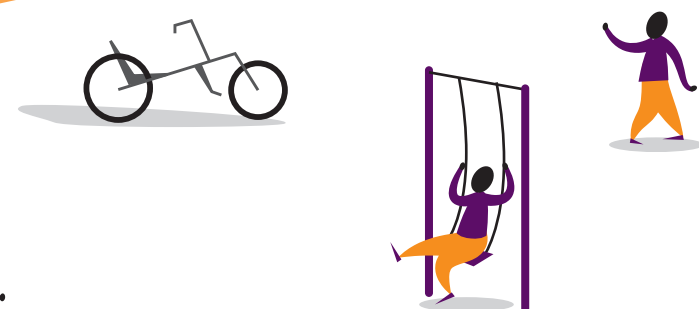
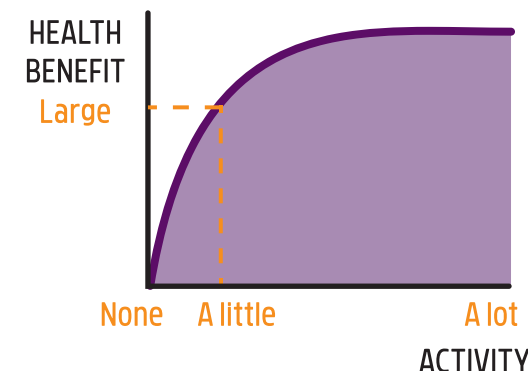
SLEEP

Appropriate Recommended



MOVE

EVEN LIGHT PHYSICAL ACTIVITY
IS BETTER THAN NO PHYSICAL
ACTIVITY AT ALL.



MEDIUM TO HEAVY INTENSE PHYSICAL
ACTIVITIES REQUIRE PHYSICAL EFFORT
AND MAKES A CHILD FEEL MORE TIRED
AND BREATHE HARDER THAN USUAL.



SIT

STRIVE FOR NO MORE THAN 2 HOURS PER
DAY OF RECREATIONAL SCREEN TIME.
LIMIT SITTING FOR EXTENDED TIME PER DAY.

CHANGE SEATED OR RECLINED POSITION (FREQUENTLY).
IF APPLICABLE TO YOUR CHILD, TRY A STANDER.

NOTE THAT THERE ARE MANY SEATED ACTIVITIES THAT
COUNT AS MEDIUM TO HEAVY PHYSICAL ACTIVITIES
(E.G. WHEELCHAIR BASKETBALL, BOCCIA).

