

# Heart Health Matters

## It's time to get active

### Toddler to preschool

Information for parents  
and carers



**Yorkshire and Humber**  
Congenital Heart Disease  
Operational Delivery Network



Children with congenital heart conditions need to be involved in play as much as possible. Children need to be given the opportunity to explore their environment to develop and consolidate their gross motor skills and develop their fitness levels.

If your child has had recent surgery then we would advise caution for the first six weeks and avoid crawling or taking weight through their arms. We would also advise not to pick them up taking the weight under their arms.

If you are worried about their development and physical activity please discuss with your Cardiologist, Paediatrician, Specialist Nurse or Physiotherapist.

The Children's Physiotherapy team at Leeds Children's Hospital can offer advice on **0113 392 0609**

# Activities for children from toddlers to pre school

## Floor based play

Encourage your child to play on the floor.



*Photo by Segun Osunyomi on Unsplash*



*Photo by Rendy Novantino on Unsplash*

## Water play

You can take your child swimming, they may feel the cold more than other children so a wetsuit may be helpful. If they have had surgery it is important that the wound has healed fully and they wait 8-10 weeks following surgery.

## Walking/ running/climbing



*Photo by Tim Mossholder on Unsplash*

## Soft play



*Photo by Mike Cox on Unsplash*

## Outdoor play

Wrap up warm and play outside



*Photo by Daiga Ellaby on Unsplash*

## Singing



*Photo by Arseny Togulev on Unsplash*

## Cycling and scooters



*Photo by Markus Spiske on Unsplash*

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## What did you think of your care?

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