

# Heart Health Matters It's time to get active Toddler to preschool

Information for parents and carers





#### **Heart Health Matters**

#### **Does your child have a Congenital Heart Condition?**

## **Activities for Children Toddler to preschool**



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 heeled fully and they wait 8-10 weeks following surgery.

## Walking/ running/climbing



Photo by Tim Mossholder on Unsplash

# Soft play

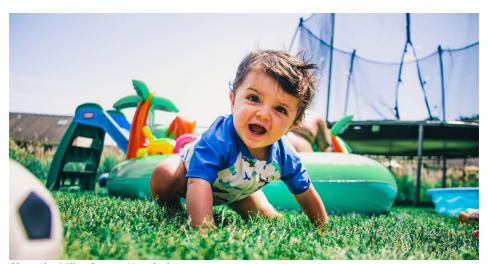


Photo by Mike Cox on Unsplash

## **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

Information published by Specialist Childrens Physiotherapists, Leeds Children's Hospital and the Yorkshire & Humber Congenital Heart Disease Network.



### What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

#### Your views matter

© The Leeds Teaching Hospitals NHS Trust • 2nd edition (Ver 1) Developed by: Sarah Hibbert, Clinical Service Manager and Gemma King, Senior Paediatric Physiotherapist

Produced by: Medical Illustration Services • MID code: M20240404\_003/BP



LN005142 Publication date 04/2024 Review date 04/2027