



# I love to move.

## Active from birth!

Babies learn to move through experience in a nurturing, emotionally secure environment that challenges their abilities.

Adults help them by creating spaces that encourage them to manipulate objects, explore and discover.

Toddlers need to experience the pleasure of doing things on their own: through free play, they can develop every fundamental movement skill.

To learn more about physical literacy, active play, the right to play and child development, visit [ActiveforLife.com](http://ActiveforLife.com) and [rcpem.com](http://rcpem.com)

Help me develop physical literacy and I will be

**ACTIVE FOR LIFE**®



Regroupement  
des centres de la petite enfance  
de la Montérégie

**JOUER  
pour le plaisir  
d'apprendre**