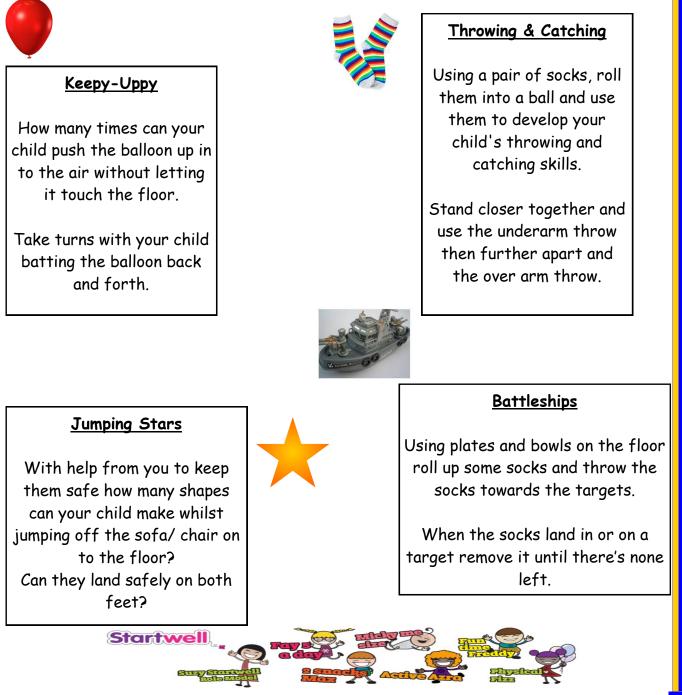






Meet Fun Time Freddie!!

Children of pre school age who are capable of walking should be active daily for at least 180 minutes (3 hours); this should be spread throughout the day. If you do not have a lot of space or it's raining outside here's some fun activities you can do with your child.



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