

'N GESONDE 24-UUR-DAG SLUIT IN...



BABAS
(GEBORTE TOT 1 JAAR)



KLEUTERS
(1 & 2 JARE)



VOORSKOOLSE KINDERS
(3, 4 & 5 JARE)

BEWEEG

30 MINUTE



BEWEEG

3 URE



BEWEEG

3 URE



SIT



0 URE

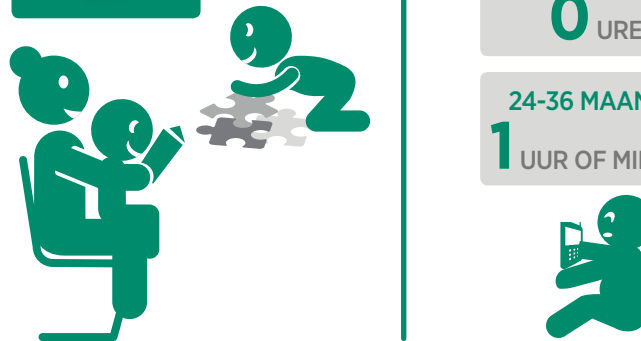


SIT



12-24 MAANDE
0 URE

24-36 MAANDE
1 UUR OF MINDER



SIT



1 UUR OF MINDER



SLAAP

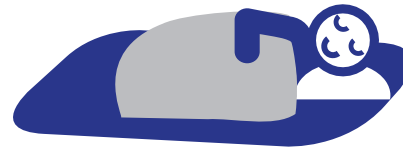
0-3 MAANDE
14-17 URE

4-11 MAANDE
12-16 URE



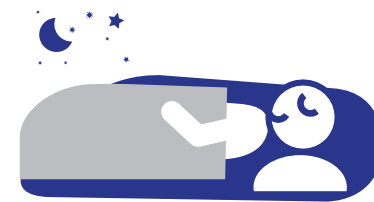
SLAAP

11-14 URE



SLAAP

10-13 URE



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SPORT
- FOR -
GOOD

SOUTH AFRICA