



Healthy Routines for a Healthy Child



Limit screen time and no screens 1 hour before bed

This will help the body prepare for a restful night. If your child does not get enough sleep, their body can't rest and repair for the next day. **Limit your child's recreational screen time to no more than 2 hours**, including watching TV, playing video games or looking at a computer or phone.

- > Adults can be a positive role model. The whole family can turn off screens together and do an activity as a family
- > If the young people in your home still struggle with turning off screens 1 hour before bed, start slowly with turning off all screens 1 hour before sleep on 1 night of the week and slowly increasing
- > Remove screens from bedrooms so adults in the home can monitor usage and additional lights do not disturb sleep quality



Encourage dental hygiene in children from a young age

- > Make brushing twice a day part of their daily routine
- > Help your children in brushing their teeth until they can brush by themselves using small circular motions. Once they learn to brush without help, continue to check their teeth regularly to see if they are clean.
- > You can be a positive role model by brushing your teeth with your child
- > As your child becomes more independent let them have a go. Finish by brushing them yourself
- > Children need help to brush teeth up to at least 8 years of age



Encourage children to reduce screen time and brush their teeth twice a day by playing a song about brushing teeth while doing it together, by playing outside together or by using a sticker chart or bean/pebble jar. Once the jar is full, they can turn it in for a new toy or fun activity. Avoid using food as a reward.

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Do 1 hour of physical activity every day

Children (5-17 years) should be active for at least 1 hour every day. They should do activities/exercises that make them pant and increase their heart beat. This can be achieved by combining exercise at school, home and by riding a bike or walking to school. Don't worry that your child is doing too much exercise as they sit for many hours at school.



Pack your own snacks/meals

When going out with friends or as a family, pack your own snacks/meals. Not only will it save you money but it will also help avoid unhealthy snacking and be a positive step towards making a healthier choice for your family.



Get enough uninterrupted sleep

Children (5-13 years) should have 9 to 11 hours of uninterrupted sleep per night. A good way to ensure uninterrupted and solid sleep is to discourage children from taking a nap after school and go to bed early instead.

Did you know? Sleep helps lock in memories. Without good sleep children will struggle to remember everything they learn at school.



Avoid exposure to harmful substances

Children should not be exposed to harmful substances such as tobacco (including cigarettes, pipes and shisha) drugs or alcohol. These can lead to serious health conditions.