

HEALTHY CHILDREN!

Healthy habits are good for the body and soul

They help kids feel:



HAPPY & WELL

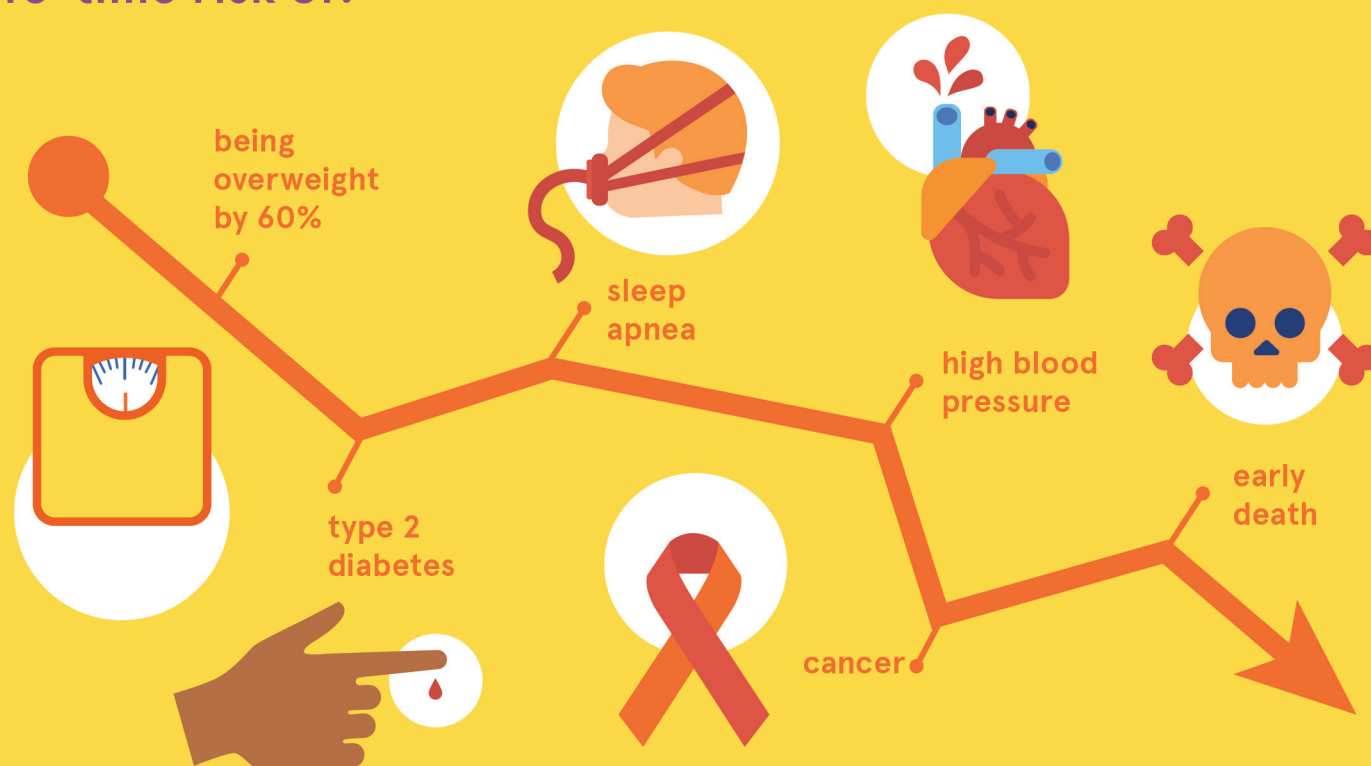


ENERGISED



CONFIDENT

Healthy behaviours reduce the life-time risk of:



Sadly,
a growing number of children has
overweight or obesity in Europe

1 in 3
11-year-olds has
overweight
or obesity



10 ways to encourage healthy habits



1 EMPOWER AND ENCOURAGE

praise their efforts and avoid mentioning weight



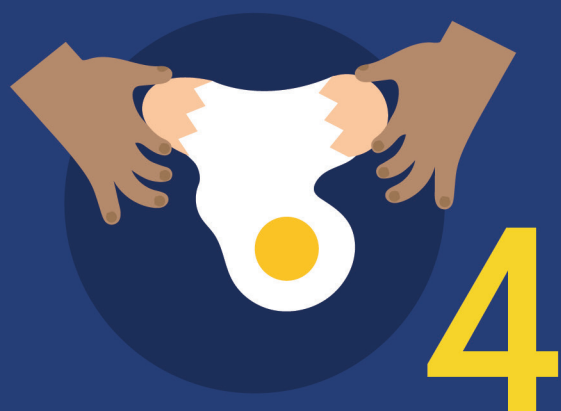
2 LEAD BY EXAMPLE

be active together. If you eat your veggies, your child is more likely to do so too



3 BRING THEM SHOPPING

let them choose a new vegetable to try



4 COOK TOGETHER

it's fun, cheaper, and an opportunity to stimulate healthy habits



5 EAT TOGETHER AT THE TABLE



6 OFFER SMALLER PORTIONS



7 AVOID USING FOOD AS A REWARD

stimulate and reward good behaviour with stickers, play, or exercise instead. Be creative!



8 DRINK WATER

(avoid sugary drinks)



9 REDUCE SCREEN TIME

get out and get active

10



GET ENOUGH SLEEP

- INFANTS (4 - 11 MONTHS)
12 - 15 hours
- TODDLERS (1 - 2 YEARS)
11 - 14 hours
- PRE-SCHOOLERS (3 - 5 YEARS)
10 - 13 hours
- SCHOOL AGE CHILDREN (6 - 13 YEARS)
9 - 11 hours
- TEENAGERS (14 - 17 YEARS)
8 - 10 hours