

Help me grow healthy and strong!

Since tomorrow is a weekend, shall we bring our children to the park?

DID YOU KNOW?

Daily dose of fun: Experts recommend 3 hours of active play, including an hour in the outdoors every day. It's a daily vitamin for your child's body and mind.

Scan here to gain more tips on outdoor play and children's well-being.



Moving to learn: Active play enhances co-ordination, boosts academic skills and improves classroom behaviour.

Sunshine for bright eyes: When children spend time outdoors, the sunlight triggers the release of a chemical in the eyes that prevent myopia in children.



Screen-smart: Research links high screen time in young children to poor self-regulation, attention issues, mental well-being issues, increased obesity, poor-quality sleep, and lower numeracy, language and reading skills.

Find out more about the impact of screen time on preschool children using the QR Code.



Healthy eating: Overweight children are more likely to become overweight adults, risking high blood pressure, high cholesterol and diabetes.



Healthy sleep habits: Sleep is important not only for physical growth and mental health but also affects learning and behaviour through specific brain changes.

TIPS FOR PARENTS!

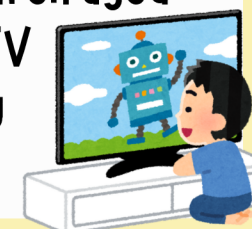
Here are some tips on how you can help your child build healthy habits from young:

Establish good sleep and eating habits:

- Keep to the same sleep schedule daily, including weekends. Ensure 10–14 hours of sleep. Engage in quiet and calm activities before bed, avoid screen time or other excessively stimulating activities.
- Provide balanced meals to foster healthy eating habits.



Screen time management: Model positive screen-use habits, limiting total screen time to less than an hour of educational content daily for children aged 18 months to 6 years. Avoid turning on the TV in the background or using screens to occupy or distract your child, e.g., during mealtimes.



Get moving: Encourage daily exercise, like walking or cycling to school and activities that build children's gross motor skills and co-ordination (e.g., trying out different playground equipment such as swings, balancing beams, climbers).



Safety and independence: Incorporate safety lessons into daily routines and develop children's independence and self-help skills (e.g., fastening their own buttons, pouring juices and wiping tables).



Actually, we both had a busy week at work. Shall we just let the children watch some videos while we rest at home? I think they will really enjoy that! Oh yes, we can order fried chicken too so they can enjoy it while watching the videos.



Sounds like a good idea. If we don't go out, they can also choose to sleep later the night before and wake up a little later.



If you were them, would you do the same?