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:

- being overweight by 60%
- sleep apnea
- type 2 diabetes
- high blood pressure
- early death
- cancer

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