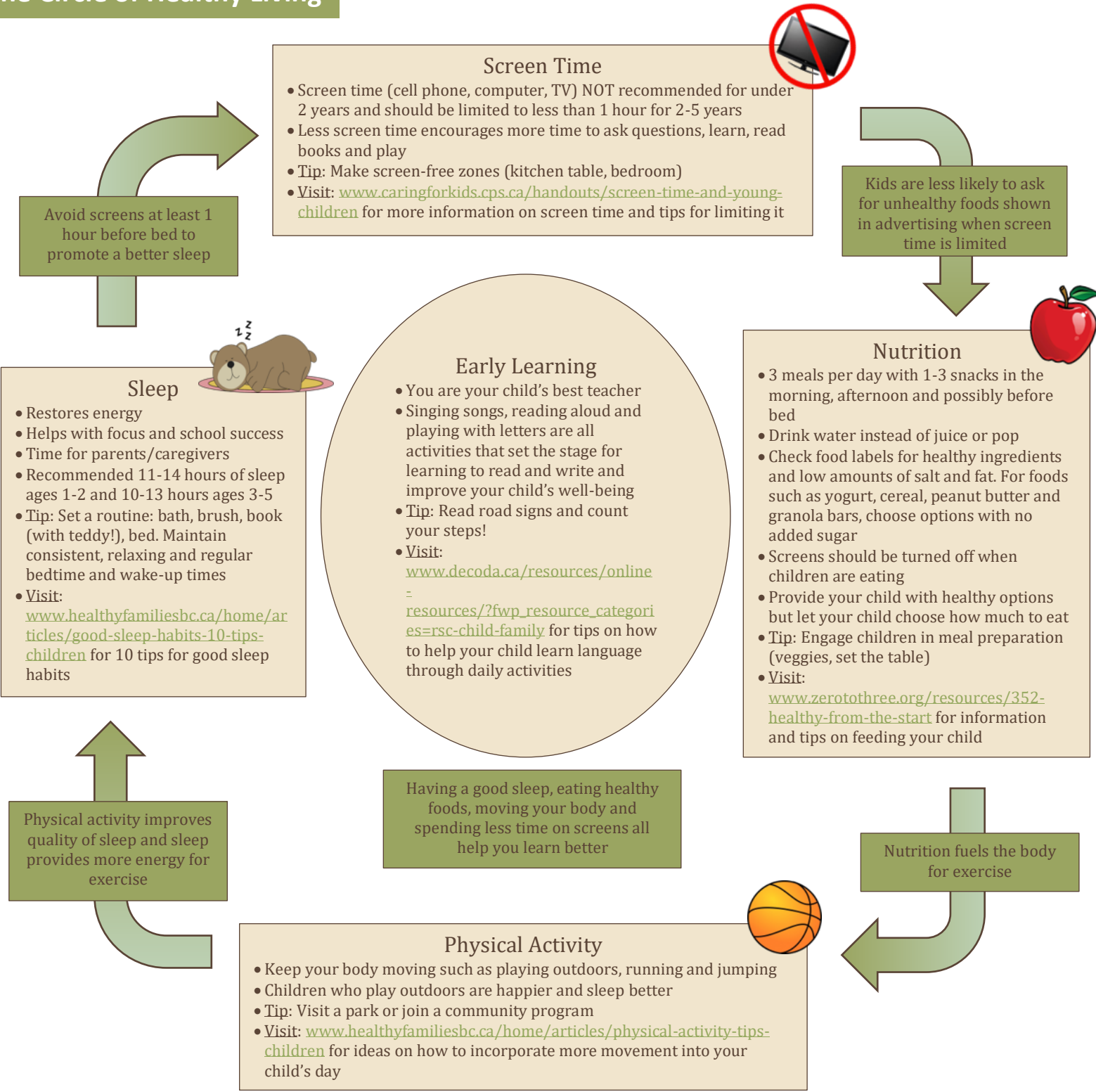




Healthy Living Tips & Resources (Ages 1-5)

The Circle of Healthy Living





Healthy Day Map

❖ Have your child answer the questions!

7:00 am: Wake up at the same time every day

- Morning routine: wake up, get dressed, brush teeth and hair
 - Do a big bear stretch – reach for the sky on your toes
 - Sing a morning wake-up song. Visit: www.youtube.com/watch?v=usYNSrQJAgc
 - Weekend mornings can be special and more relaxed – read a story together to start the day
- ❖ *Did you sleep well and snore like a bear?*



11:00 am: Recess

- Play outside with your friends
 - Try a game of leapfrog, tag or hopscotch
- ❖ *What's your favourite recess game?*



4:00 pm: Play time with friends

- Kick a soccer ball
 - Spin in circles
 - Make up a game!
- ❖ *Where is the closest park to where you live?*



8:00 am: Eat a healthy breakfast

Breakfast ideas:

- Cereal, milk and fruit
 - Whole wheat toast with nut butter (no added sugar)
 - Fruit, yogurt and granola
 - Scrambled eggs
 - On weekends, prepare a special breakfast together as a family
- ❖ *How many bear steps can you count from the kitchen table to the sink?*



12:00 pm: Eat a colourful lunch

ALL 4 FOOD GROUPS

- Wash your hands before you eat
 - Drink water instead of juice or pop
- Lunch ideas:**
- Egg salad sandwich
 - Quesadilla
 - Combine these with a mix of veggies and fruit
- ❖ *What colours do you have in your lunch box today?*



5:00 pm: Family dinner time

- Eat a colourful dinner together and talk about each other's days
 - Engage your child in meal preparation (wash veggies, set the table)
 - Make the dinner table a screen-free zone
- Meal ideas:**
- Tortilla with beans/ground meat and tomato sauce
 - Soup with crackers or whole wheat bun
 - Omelet and toast with cooked vegetables or fruit
- ❖ *What's your favourite family activity?*



9:00 am: Eat a healthy breakfast



StrongStart/Daycare/School

- On your way, find a stop sign. Spell out and point to the letters in the word STOP
 - Learn to take turns, listen and play with friends!
- ❖ *What other road signs can you read on your way to school?*

1:00 pm: Nap and cuddle time

- Stretch and breathe deeply like a bear: breathe in 1, 2, 3. Breathe out 1, 2, 3
 - Sing a nursery rhyme ("Row, Row, Row Your Boat," "The Itsy Bitsy Spider")
 - Pick 1-2 favourite stories to read
 - Tuck your teddy bear in for a nap with you
- ❖ *What is your favourite nap time book?*



6:00 pm: Bedtime routine

- Wind down and clean up
 - Bed routine: bath, brush, book (with teddy!), bed
 - Actively engage your child in the book – ask them "How would you feel if you were the main character?"
 - Let your child decide how much or how little time you spend reading – a few minutes at a time is fine
 - Avoid screens at least 1 hour before bed and avoid screens in the bedroom
- ❖ *What's your favourite bedtime story?*



9:00 am: Eat a healthy breakfast

- On your way, find a stop sign. Spell out and point to the letters in the word STOP
 - Learn to take turns, listen and play with friends!
- ❖ *What other road signs can you read on your way to school?*

2:00 pm: Visit a park or library near you

- Being outside makes us feel good!
 - Play a game of "I Spy With My Little Eye"
- ❖ *Where is your favourite outdoor place?*



10:00 am: Eat a healthy snack and drink water

Snack ideas:

- Granola bar and fruit
 - Veggies and hummus
 - Crackers and cheese
- ❖ *What's another healthy snack you like?*



3:00 pm: Afternoon snack

Snack ideas:

- Yogurt with fruit
 - Apple sauce with cracker or roti
 - Cereal with milk
- ❖ *What do you do after school?*



7:00 pm: Fall asleep with your favourite teddy

- Share what you enjoyed about your day and what made you happy
 - Sing "Twinkle Twinkle Little Star" or "Old McDonald Had a Farm"
 - Give your child a hug, turn off the lights and close the curtains
- ❖ *What's your teddy's name?*





Healthy Living Resources

Below is a list of resources that are comprehensive yet succinct, and cover key topics related to healthy living for children.

General

Call 811 – Free provincial health information and advice phone line (registered nurses, pharmacists, dieticians). Available 24/7.

www.healthlinkbc.ca

Call 211, text "Vancouver" to 211 or visit BC211.ca – A non-profit organization that specializes in providing free information and referrals regarding community, government and social services in BC.

www.bc211.ca

Canadian Pediatric Society - "Caring for Kids" – More comprehensive tips and guidelines for healthy bodies, including sleep, nutrition and physical activity.

www.caringforkids.cps.ca/handouts/healthybodies-index

Encyclopedia on Early Childhood Development – A wide range of information on early childhood development, from birth to age 5.

www.child-encyclopedia.com/topics-a-z

KidCareCanada – Videos on a variety of helpful topics.

www.kidcarecanada.org/video-search/

Canadian 24-Hour Movement Guidelines – Guidelines integrating recommendations for physical activity, sedentary behavior, and sleep.

www.csepguidelines.ca/

Live 5-2-1-0 – An initiative to promote healthy behaviours among children, including healthy eating and physical activity.

www.live5210.ca

Nutrition

HealthLink BC – Tips for helping your child eat well, and links to meal ideas and *Canada's Food Guide*.

www.healthlinkbc.ca/healthlinkbc-files/helping-your-1-3-year-old-child-eat-well

Government of Canada – *Canada's Food Guide* – Everyday recommendations, food choices, recipes and tips.

<http://food-guide.canada.ca/en/>

Sleep

Healthy Families BC – 10 tips for good sleep habits.

www.healthyfamiliesbc.ca/home/articles/good-sleep-habits-10-tips-children

"Better Nights, Better Days" – A program for parents with children who have trouble sleeping.

www.betternightsbetterdays.ca/

Exercise

ParticipACTION – A collection of resources to stay active and healthy, including the opportunity to Build Your Best Day.

www.participaction.com/en-ca

Reading

Zerotothree – "How to Introduce Babies and Toddlers to Books" – Tips on reading to young children.

www.zerotothree.org/resources/304-how-to-introduce-toddlers-and-babies-to-books

