

## Healthy Living Tips & Resources (Ages 1-5)

## The Circle of Healthy Living



#### Screen Time

- Screen time (cell phone, computer, TV) NOT recommended for und 2 years and should be limited to less than 1 hour for 2-5 years
- Less screen time encourages more time to ask questions, learn, read books and play
- Tip: Make screen-free zones (kitchen table, bedroom)
- Visit: www.caringforkids.cps.ca/handouts/screen-time-and-youngchildren for more information on screen time and tips for limiting it

Kids are less likely to ask for unhealthy foods shown in advertising when screen time is limited



### Sleep

- Restores energy
- Helps with focus and school success
- Time for parents/caregivers
- Recommended 11-14 hours of sleep ages 1-2 and 10-13 hours ages 3-5
- Tip: Set a routine: bath, brush, book (with teddy!), bed. Maintain consistent, relaxing and regular bedtime and wake-up times
- Visit:

www.healthyfamiliesbc.ca/home/ar ticles/good-sleep-habits-10-tipschildren for 10 tips for good sleep habits



### Early Learning

- You are your child's best teacher
- Singing songs, reading aloud and playing with letters are all activities that set the stage for learning to read and write and improve your child's well-being
- Tip: Read road signs and count vour steps!
- Visit:

www.decoda.ca/resources/online

resources/?fwp\_resource\_categori es=rsc-child-family for tips on how to help your child learn language through daily activities

### Nutrition

- 3 meals per day with 1-3 snacks in the morning, afternoon and possibly before
- Drink water instead of juice or pop
- Check food labels for healthy ingredients and low amounts of salt and fat. For foods such as vogurt, cereal, peanut butter and granola bars, choose options with no added sugar
- Screens should be turned off when children are eating
- Provide your child with healthy options but let your child choose how much to eat
- Tip: Engage children in meal preparation (veggies, set the table)
- Visit:

www.zerotothree.org/resources/352healthy-from-the-start for information and tips on feeding your child

Having a good sleep, eating healthy foods, moving your body and spending less time on screens all help you learn better



Physical activity improves quality of sleep and sleep provides more energy for exercise

### Physical Activity

- Keep your body moving such as playing outdoors, running and jumping
- Children who play outdoors are happier and sleep better
- Tip: Visit a park or join a community program
- Visit: www.healthvfamiliesbc.ca/home/articles/physical-activity-tipschildren for ideas on how to incorporate more movement into your child's day





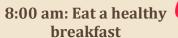


# Healthy Day Map

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=usYNsrQ UAgc
- 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?





- 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?



### 9:00 am:

### 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?

# 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?

#### 11:00 am: Recess

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



## 12:00 pm: Eat a colourful

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?

## 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
- What is your favourite nap time book?

# 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?

### 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?

## 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?

### 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?



#### 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?

# 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



Created by MD undergraduate students Jennifer Wildi and Gabby Levesque as part of a Flexible Enhanced Learning Project Faculty of Medicine at the University of British Columbia, Class of 2021. Created Summer 2020. **Disclosure: Although the RBS strives to provide complete and accurate information, we make no warranties, express or implied, as to the accuracy of the information in our materials and assume no liability or responsibility for any errors or omissions in our materials.**