

Behaviours

IDEAS TO DECREASE SEDENTARY BEHAVIOUR, IMPROVE MEALTIME ROUTINES AND SLEEP PATTERNS



It is good for your mental and physical well-being to improve sleep, keep active and have good mealtime behaviours.

Limit time spent sitting, strapped in (buggies/cars etc) or watching screens



Scan the QR code to see a video that explain healthy lifestyle habits for children and adolescents



Turn off all screens and dim the lights an hour before bedtime



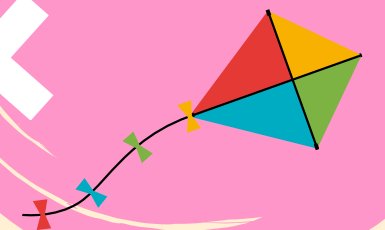
Avoid caffeine (tea, coffee, cola), large meals, and sugary treats before bedtime



Make mealtimes happy, relaxed and sociable



Choose active gifts, such as balls or kites for birthdays or treats



Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network



Sedentary Behaviour

~ NEWSLETTER 1 ~



WHAT IS SEDENTARY BEHAVIOUR?

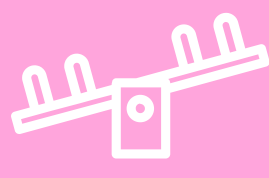


It is good for your physical and mental health to limit time spent sitting, strapped in (buggies/cars etc) or watching screens.

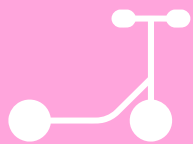
Ideas to keep active are below:



Active play



Playground



Scooting



Skipping



Scan QR code for ideas of activities for 5-18 year olds



Games



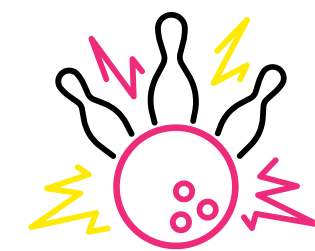
Dancing



Walking



Cycling



IS ALL SEDENTARY BEHAVIOUR THE SAME?

It seems being involved in creative activities whilst sat down is better than too much screen time

30% of children are active for less than 30 minutes per day

Tips: Choose active gifts, such as balls or kites, for birthdays or treats . Encourage involvement in household chores - sweeping, hoovering, dusting, gardening

Find support & local activities - google Moving Medicine activity finder

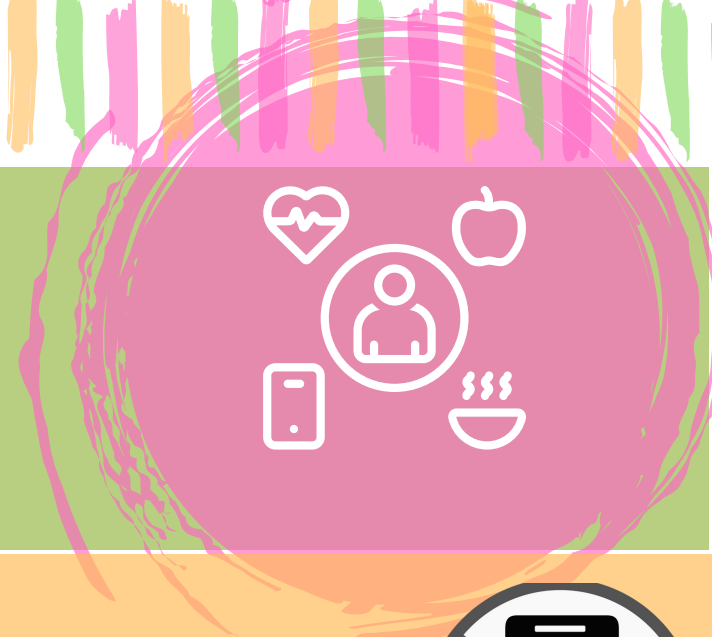


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Sleep Behaviour

~ NEWSLETTER 2 ~



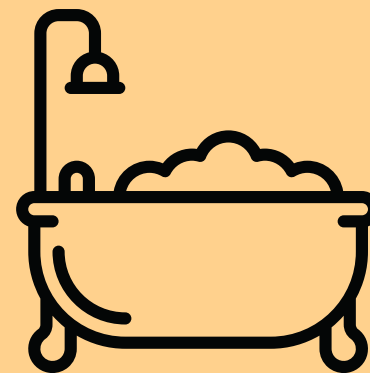
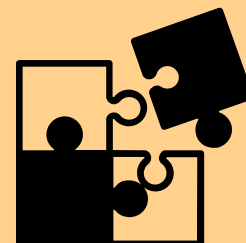
IS SLEEP IMPORTANT FOR MY HEALTH?

Sleeping can help you to feel more happy. It helps improve attention span, memory, learning and growth. Sleep also helps you have a healthy heart.



Watch the social media, screen time and peer pressure video from [TeenSleepHub.org.uk](https://www.teenSleepHub.org.uk)

IDEAS TO IMPROVE SLEEPING



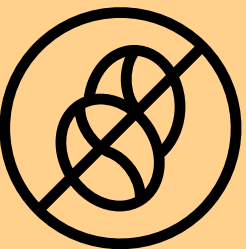
1. Create a relaxing environment

- Turn off all screens, dim the lights an hour before bedtime
- Try activities such as jigsaws, colouring / drawing or breathing exercises
- End the day on a positive note by sharing 5 great things that have happened during the day
- Read a bedtime story

2. Daily activity and exercise is really good for sleep (not too close to bedtime)

3. Avoid caffeine (tea, coffee, cola), large meals, and sugary treats before bedtime

4. Have a consistent bed time routine. Click the QR code to watch a video about creating bedtime routines for children



HOW MUCH SLEEP IS ENOUGH?

- Babies 4 to 12 months old: 12 to 16 hours including naps
- Toddlers 1 to 2 years old: 11 to 14 hours including naps
- Children 3 to 5 years old: 10 to 13 hours including naps
- Children 6 to 12 years old: 9 to 12 hours
- Adolescents 12-18 years: 8 to 10 hours



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Mealtime Behaviours

~ NEWSLETTER 3 ~



Its often not possible but try to frequently get the family to enjoy a meal together

Children who have meals with their family do better in lots of ways including being healthy and doing well at school.



TIPS FOR FUSSY EATERS



- Enjoy making meals as a family
- Involve everyone in mealtime decisions
- Give each family member their choice of meal one day per week



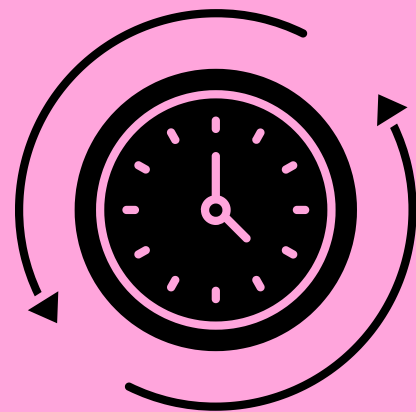
TIPS TO IMPROVE MEALTIME BEHAVIOURS



Have set mealtimes with 2-3 hours between meal, avoid grazing



Aim for happy, relaxed and sociable mealtimes. Chat to your family about their day; what did they learn at school?



Eat away from distractions; screens, phones and toys



Scan the QR code for family meal-time ice breakers



Everyone learns by example. Parents food choices and eating habits encourage their family to try new foods and enjoy eating



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