

HEALTH PROMOTION PROJECT

Lifestyle Behaviours

SOCIAL MEDIA

Brought to you by: SEC&L and NW Dietitian Network



Sedentary Behaviours- advice

Below are 3 posts for the health promotion Topic of behaviour.

Each newsletter has a picture for the list image and an image for the content Below are instructions for Digibete, These should be posted to Digibete in month intervals you can schedule the date in advance.

Link to Digibete app: <https://app.digibete.org/login>

If not using Digibete the app the content and images here can be used for any social media.

News Title: (text will be given)

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

The contents will be given on each page, copy and paste into the text area provided

Post Image:

- Click add image

Right Click on the post image 1 opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page. Do the same for post image 2

Attachments or further reading: (Additional Files or links)

- Download Newsletter – SALT newsletter 1 from the CYP Diabetes Network page , save it to a known location.
- Click Add File in digibete app webpage
- Drag and drop the file from the location you saved it

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

Digibete / social media: month 1

News Title: Health Promotion Campaign: Sedentary Behaviour

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

It is good for your physical and mental health to limit time spent sitting, strapped in (buggies/cars etc) or watching screens. 30% of children are active for less than 30 minutes per day. Exercise recommendations can [be found here](#).

Tips: Choose active gifts such as balls or kites for birthdays or treats.

Encourage involvement in household chores - sweeping, hoovering, dusting, gardening. Other indoor activities can [be found here](#)

Click this link to [find local support and activities](#)

Is all sedentary Behaviour the same?

Taking part in art, music and crafts can have mental and behavioural benefits as they stimulate your learning, concentration and memory. Whereas sitting down watching a screen (TV, video games, tablets) can lead to poorer health in the future.

Post Image:

- Click add image

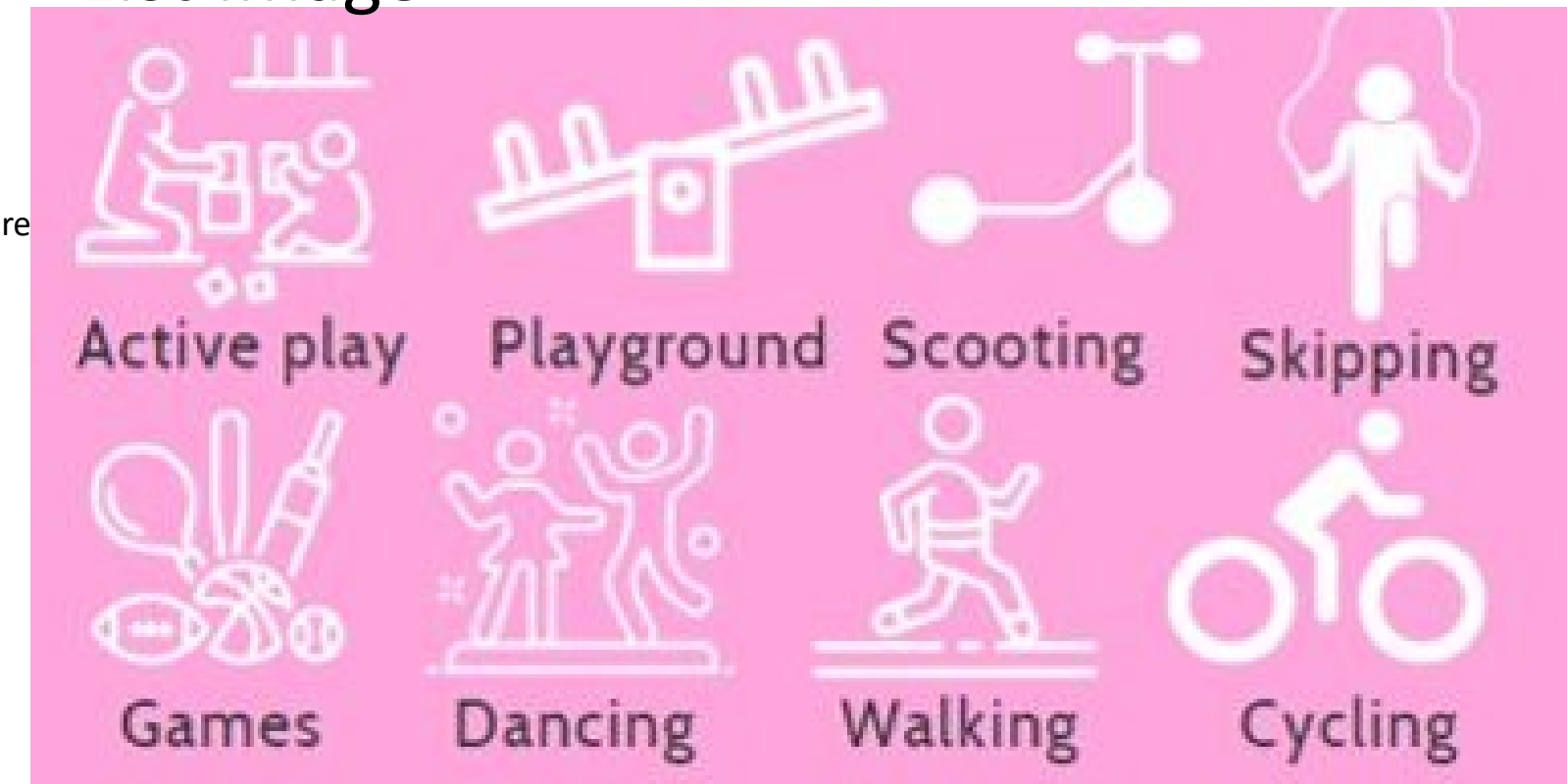
Right Click on the post image 1 opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page. Do the same for post image 2

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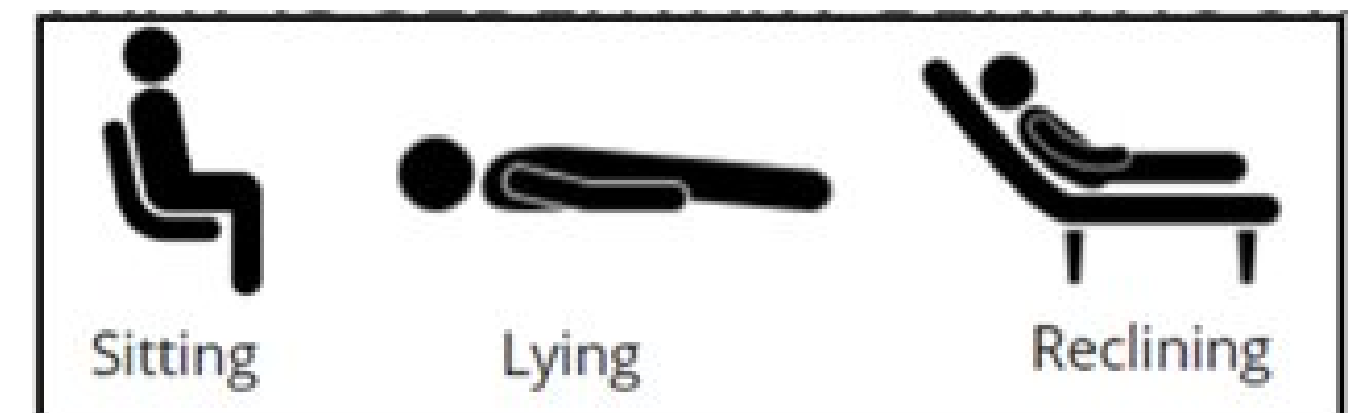
- Download Newsletter – Behaviour 1 from the CYP Diabetes Network page , save it to a known location.
- Click Add File in Digibete app webpage
- Drag and drop the file from the location you saved it

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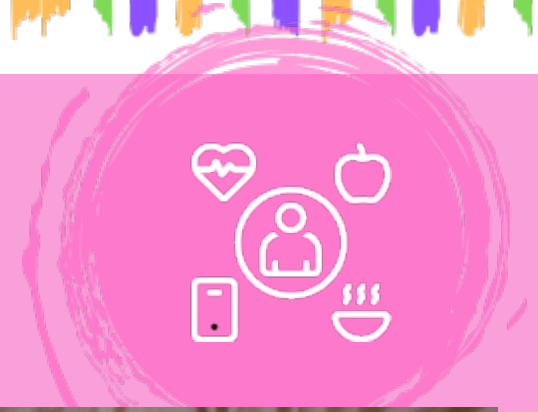
List Image



Post Image 1



Digibete / social media: month 2



News Title: Health Promotion Campaign: Sleep

List Image Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

Sleeping can help children to feel more happy. It helps improve attention span, memory, learning and growth. Sleep also helps you have a healthy heart. Advice for adult on sleeping well can be [found here](#).

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

Ideas to Improve Sleep:

- Have a consistent bedtime routine, tips can be [found here](#)
- 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
 - Read a bedtime story or share something positive about your day
- Practice daily activity and exercise but not too close to bedtime
- Avoid caffeine (tea, coffee, cola), large meals, and sugary treats before bedtime
- For more tips [click this link](#)

Post Image:
- Click add image

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Attachments or further reading: (Additional Files or links)

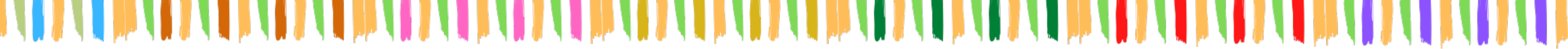
- Download Newsletter – Behaviour 2 from the CYP Diabetes Network page , save it to a known location.
- Click Add File in Digibete app webpage
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List Image



Post Image 1





Digibete / social media: month 3

News Title: Health Promotion campaign – Mealtimes

List Image: Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

Children who have meals with their family do better in lots of ways including being healthy and doing well at school. Everyone learns by example. Parents food choices and eating habits encourage their family to try new foods and enjoy eating

Tips to Improve mealtime behaviors:

- Eat away from distractions, screens, phones and toys
- Have set mealtimes with at least 2-3 hours between meals, avoid grazing
- Aim for a happy, relaxed and sociable mealtimes. Chat to your family about their day, what did they learn at school? [Try some ice breakers](#)

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
- Praise should be given for trying new things but don't pressure to finish everything
- Ignore fussy eating as much as possible
- If a meal is refused, avoid offering fatty, sugary or salty foods instead

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List Image



Post Image 1

TIPS FOR FUSSY EATERS



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