



### Do You Know?

The National Physical Activity Recommendations for Children 0-5 years advise that:

Physical activity should be encouraged from birth. Toddlers and pre-schoolers should be physically active every day for at least 3 hours, spread throughout the day.

Children aged 2 to 5 years should spend less than one hour per day watching television and using other electronic media.

Children younger than 2 years should not spend any time watching television or using electronic media. Infants, toddlers and pre-schoolers should not be sedentary, or inactive for more than 1 hour at a time, apart from sleeping.

### Top Tips For Adults

You can help children develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your children to evaluate their food choice and physical activity habits by:-

Being a good role model

Keep things positive

Get everyone moving

Go shopping together

Discover where food comes from

Walk rather than drive

Litterless Lunches

Be realistic

Encourage physical activities

Stay involved

Please see Department For Health guidelines:-

<http://www.bhfactive.org.uk/userfiles/Documents/factsheetearlyyearsnotwalking.pdf>

<http://www.bhfactive.org.uk/userfiles/Documents/factsheetearlyyearswalking.pdf>

### Laying the Foundations for our Future Health

With good food habits and daily physical activity you will be well on your way to a healthy life. Easy to say, but sometimes not so easy to do!

Our busy lifestyles can be hard on our health. Rushing to and from school and work can make it hard to find time to be physically active. We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer.

However, these choices can be dangerous for our health and our children's health – both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

### 10 Easy Ways To Live a Healthier Life

**Food is Fun... Enjoy your food**

**Breakfast is a very important meal**

**Eat different foods every day, variety is the recipe for health**

**Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!**

**Fat facts. Too much fat is not good for your health**

**Snack attack! Eat regularly and choose a variety of snacks**

**Quench your thirst. Drink plenty of water or sugar free drinks**

**Care for those teeth! Brush your teeth at least twice a day**

**Get moving! Be active every day**



### PLANT AND GROW

Getting out and about in the garden is a really fun way of helping your child to learn more about the world around them. Growing and tending to plants and flowers or even just examining leaves and soil helps little ones start to understand about life cycles and where food comes from.

You don't even need to have an outdoor space to enjoy gardening with children. A great way to introduce children to gardening and the outdoors is by simply planting a little packet of seeds or some herbs and growing them in a pot or window box.

If you do have a garden, why not give the children their own section to plant in and tend to? Ensure their plot gets plenty of sunshine, keep an eye on their seedlings and choose a few different seeds to plant to try to avoid disappointment if seeds don't flourish or some easily perish.

### Resources Required

- Various beans
- Plastic containers, such as yogurt pots.
- Soil
- Watering cans

### Activity

Give each child a container, which they could label or decorate to personalise. Allow each child to half fill their container with soil, and dig a small hole in the middle. Each child should pick a bean, and place it in the hole. Cover the bean, and water it twice a day. Create 'Plant' journals, to document the growth of the bean. You could record this by encouraging children to mark make and articulate the process to you. Drawing a picture could also be carried out.

If you have a nursery garden, you could allow the children to choose which vegetables and plants to grow there, and take them out in groups to tend to the garden. Buy a range of gardening equipment, and show the children how to use each one to prepare the soil, plant the seeds and help the seeds grow. The children will love watching their garden grow! You could send some vegetables home with each child at the end of the project, or sell the vegetables to parents to recoup any money spent on the garden. Engage with the local community allotment association, invite gardeners in to talk to the children.



### 0—2 SUGGESTIONS

Settings should give smaller children plenty of sensorial opportunities for physical experiences. For example outdoor tummy time. Allow younger children to feel, touch, and smell mud or water. Taste tests on different fruit and vegetable will also be beneficial. Children observe and learn from the behaviour of others, therefore healthy eating should be promoted throughout the setting.