

HEALTHY LIFESTYLE HABITS

Developing healthy lifestyle habits is the best way to ensure your child's **health and well-being**. It is important for parents to begin to encourage a healthy lifestyle **at an early age** which helps with physical and mental health.

FOR GOOD PHYSICAL AND MENTAL HEALTH



POSSIBLE RESULTS OF POOR LIFESTYLE HABITS



Difficulty
concentrating



Organizational
difficulties



Reduced school
performance



Mood
swings



Low
self-esteem



Changes
in behaviour



Memory
problems



Increased
stress levels

Go to bed at a reasonable time to get enough sleep

Establish a routine with regular bedtimes and wake-up times.

- **AGES 5 TO 13 :**
Need 9 to 11 hours of uninterrupted sleep per night
- **AGES 14 TO 17 :**
Need 8 to 10 hours of uninterrupted sleep per night

Avoid video screens 1 hour before going to bed.

Set up a «charging zone» away from the bedrooms. Family members can put their devices there an hour before going to bed.



ADVICE AND TIPS

Aim for a healthy diet

Support your child by promoting a healthy diet

- Provide a **variety of foods** based on Canada's Food Guide.
- Eat **3 meals** a day and snacks as needed.
- Make **breakfast** a priority as it ensures the educational success of children.
(It helps them pay attention and do better in school).
- For hydration, suggest **water** as the drink of choice.
- Encourage listening and following the **body's hunger and fullness cues** for healthy eating habits.
- Involve your child in **menu planning** to help develop cooking skills.
- Make **family meals** an enjoyable time.
- Avoid **distractions** while eating.
(cell phone, television, computer, etc.)



Teach your child to accept his body the way it is

Help your child realize the body's attributes and capacities that allow him to move, express himself and excel.

ADVICE AND TIPS

Ideas to get your child moving

Ages 5 to 11

- **Be active yourself** and demonstrate your interest in exercise.
- Bond through a **family sports** activity (basketball, Frisbee, jogging, or organized activities like races, rallies, active challenges, online workouts).
- Set up a **schedule** for screen time and outside play time.
- Get **simple materials** for outdoor games. (chalk, snow and sand shovels, skipping rope, beach ball)

Ages 12 to 17

- Invite **one or more friends** to join you hiking. (picnic on a mountain, hike around a lake).
- **Show an interest** in your teen's activities.
- Be open to **participate** with him in an activity he enjoys.
- Encourage him to **ride a bike** when the weather permits.
- **Commend him** for his activities and efforts to keep active.



EXERCISE DAILY

«You don't have to be athletic to be active!»

You can help to plan your child's daily activities. Take every opportunity to be active daily!

Take advantage of active transportation : Walk or cycle to work and use the stairs.

ADVICE AND TIPS



Limit screen time

Be an example

- Evaluate **your own use** of the internet and screens. Try to improve your habits!
- For screen time, be **consistent** between what you tell your child and what you do yourself. (without aiming to be perfect!)

Set some guidelines

- **Limit screen time by setting time limits:**
 - **By age :**
keep it to a minimum for younger children and set up a daily schedule for older ones;
 - **Depending on the context :**
work/school obligations or for recreational purposes.
- Encourage **quality** content.
- Identify **good times** for screen time.

Talk about it

- **Talk to your child** in an objective, positive and non-judgmental way. Get him to think.
- **Take an interest** in his online activities.
- **Talk to other parents** about their rules for screen time. Share your concerns and tips!

Listen to your child

- **Be consistent** and constant in your interactions with your child.
- **Be flexible** by adjusting the rules for each child according to age and needs.
- Talk about «**online**» and «**offline**» activities rather than «**virtual**» versus «**real world**.»
- Accept that online friends or experiences can **seem «real»** to your child.
- Don't use screen time as a **punishment**. (This may increase his desire to be connected).

FOR MORE INFORMATION ON THIS TOPIC

Sleep

- 🌐 <https://www.alloprof.qc.ca/en/parents/articles/healthy-life-habits-and-educational-activities/benefits-restorative-sleep-academic-success-k1425>
- 🌐 https://www.ligneparents.com/LigneParents/Tous-les-themes/Etapes-et-defis/Sommeil?gclid=CjwKCAjwtdcFBhBAEiwAKOIy50N87R9EImYdB89V0jFD-mXslUTuAXWO_CvIr0VxLUalpZTfWmc5fRoCCChQAyD_BwE (in French only)
- 🌐 <https://promotionsante.chusj.org/fr/Boite-a-outils/> (Pour les ados - dormir ça sert à quoi?) (in French only)

Physical activity

- 🌐 https://csepguidelines.ca/wp-content/uploads/2020/11/CSEP_24HourGuidelines5-17_2016.pdf
- 🌐 <https://naitreetgrandir.com/en/feature/everybody-outside/>

Healthy lifestyle habits in general – Alloprof Parents

- 🌐 <https://www.alloprof.qc.ca/en/parents/>
- 🌐 <https://www.alloprof.qc.ca/en/parents/articles/healthy-life-habits-and-educational-activities/healthy-life-habits-academic-performance-k1427>

Diet

- 🌐 <https://equilibre.ca/grand-public/monequilibre/> (in French only)
- 🌐 http://cscp.umontreal.ca/nutrition/documents/viens_manger.pdf (in French only)
- 🌐 <https://food-guide.canada.ca/en/>

Screen time

- 🌐 <https://pausetonecran.com/> (in French only)
- 🌐 <https://pausetonecran.com/blogue/les-bienfaits-des-pauses-sans-ecran> (in French only)