HEALTHY LIFESTYLE HEBITS

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

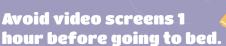


Increased stress levels

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



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



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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.

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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

- ttps://www.alloprof.gc.ca/en/parents/articles/healthy-life-habits-and-educational-activities/benefits-restorative-sleep-academic-success-k1425
- tttps://www.ligneparents.com/LigneParents/Tous-les-themes/Etapes-et-defis/Sommeil?gclid=CjwKCAjwtdeFBhBAEiwAKOly50N87R9EImYdB89V0jFDmXsIUTuAXWO_CvIr0VxLUalpzTfWmc5fRoCChIQAvD_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/
- tttps://www.alloprof.gc.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)



Réussite - Accomplissement - Persévérance