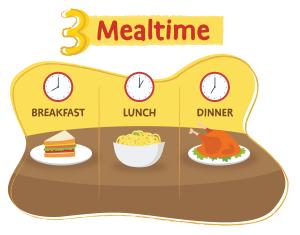




## Start your day right



Begin your day with your favourite activity. It can be singing, dancing, or having a chat with mommy and daddy.



Have all 3 meals on time. If you want some snacks, ask mommy and daddy for fruits that will fill your tummy!

## Wash your hands



Wash your hands with soap regularly, especially before having your meals.

## Sleep early



Go to bed on time to get 8 hours of sleep. If you can't sleep, ask mummy and daddy to read your favourite book!

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.