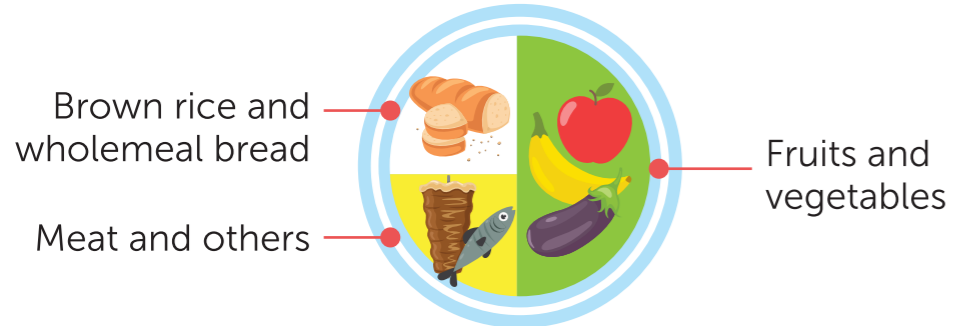


CULTIVATING HEALTHY HABITS for Your Child (3-6 Years Old)

NUTRITION

Building a balanced diet: How much to eat in a day?

My Healthy Plate



Suggested Servings Per Day*

*0.5 Serving = 2 Tablespoons

3-4 Brown rice/
wholemeal bread

1 Dairy/calcium-rich
foods

1 Fruits

1 Vegetables

0.5-1 Protein

Limit Intake of:



Beverages high in sugar

Example of A Meal for Lunch/Dinner:



- ✓ ½ bowl of rice (1 serving)
- ✓ 2 tablespoons of chicken chunks (0.5 serving)
- ✓ 2 tablespoons of stir-fried vegetables (0.5 serving)
- ✓ 1 wedge of watermelon (0.5 serving)



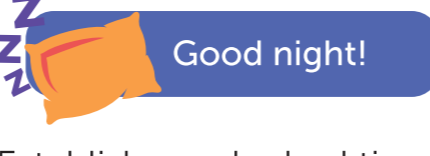
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SLEEP

Ensure that your child gets
an average of 11-12 hours
of sleep daily.



- Establish a bedtime routine.
Example:



- Establish regular bed time
and wake time on both
weekdays and weekends.



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more resources
by HealthHub.

SCREEN TIME

Manage your child's
screen time

- Set limits on screen time. Be firm
and consistent.
- Have a plan to balance screen
time with other activities such as
outdoor play.
- Avoid screen use during
mealtimes and an hour before
bedtime.

Model healthy
media habits

- Set a good example by limiting
your own screen time use.
- Encourage 'screen-free' periods,
especially during mealtimes or
when interacting with one
another.

Encourage meaningful
screen use

- Have a conversation with your
child about what he/she is
watching.
- Decrease passive screen use.
Always supervise your child.
- Choose educational content e.g.,
educational games, art and craft
activities, storytelling videos and
cartoons that teaches values.

No screen time for those
below 18 months!

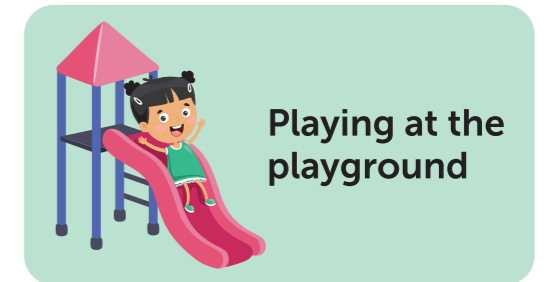
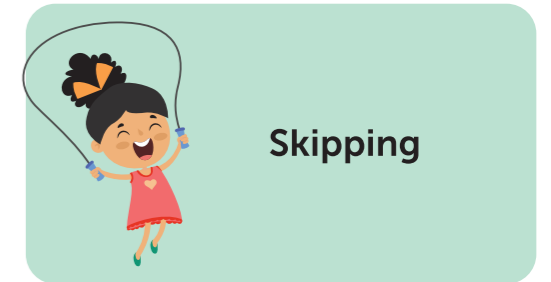


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PHYSICAL ACTIVITIES

Ensure that your child
carries out moderate to
vigorous activities for at least
1 hour daily.

Examples include:



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