



NurtureSG



An illustration of four children enjoying outdoor activities. A girl in a pink shirt is jumping in the air with her arms raised. In the center, a girl in an orange shirt is running. To her left, a boy in a white tank top is holding a basketball. To her right, a boy in a blue shirt and white helmet is riding a red bicycle. The background features a light blue sky with white clouds and a landscape with orange and green hills.



Habit Hacks

for a Healthier Child

A large, stylized number '5' in yellow with a red outline is positioned on the left side of the page, partially overlapping the 'Habit Hacks' text.



Introduction

NurtureSG aims to help you foster healthy habits in your child, by equipping him/her with the skills and knowledge to embrace healthy living, and ultimately improve his/her health. The NurtureSG Plan focuses on three key areas – **physical activity and nutrition**, **mental well-being**, and **sleep health**, which are crucial for your child's well-being.

As parents, you play an important role in encouraging your child to inculcate a healthy lifestyle. The NurtureSG's 5 Habit Hacks for a Healthier Child are all about bringing healthy habits to your doorstep. These tips are designed to equip you with ideas to help your child pick up healthy habits in simple and fun ways. The more you and your family do it, the easier it becomes. Through healthier habits, your child will be able to grow up having the best foundation for his/her overall development and well-being, and to lead happier, healthier and more productive lives.



2. Prepare healthier meals at home and choose healthier food options when dining out



3. Go outdoors and get active together



1. Take charge and plan for your child's good health



4. Build resilience and a positive outlook in your child



5. Help your child develop a regular sleep routine

Habit 1 Take charge and plan for your child's good health

Inculcate healthy habits

- Think of a lifestyle habit that your child needs to change
- Use the tips provided in this booklet and include them as part of his/her daily routine
- Be consistent and repeat the tips at a similar point in the daily routine. For example, encourage your child to eat less of food that is high in sugar, fat and salt for lunch every day

Celebrate successes

- Track and celebrate successes – no matter how small
- Join your child in making healthy changes together
- Encourage your child not to be too hard on himself/herself as changing habits will take time and effort
- Remember that small improvements in healthy habits today can lead to big health benefits in the future



Habit 2 Prepare healthier meals at home and choose healthier food options when dining out

Inculcate healthy eating habits

- Encourage your child to eat at least 2 servings of fruits and 2 servings of vegetables every day
- Pack a piece of fruit for your child in his/her school bag as a healthy snack
- Encourage your child to eat less of food that is high in sugar, fat and salt
- Encourage your child to drink water instead of sweet beverages for healthier teeth

Choose healthier products

- Choose products with the Healthier Choice Symbol at the supermarket, e.g. switch to wholegrain products



Habit 3 Go outdoors and get active together

Make time for an active lifestyle

- Devote more time for outdoor activities. Being outdoors can help to delay or prevent the onset of myopia in your child
- Take a walk with your family after dinner
- Enjoy some time at the parks over the weekends
- Pick up a new sport with your family at the nearest sports recreation centre or community centre



Habit 4 Build resilience and a positive outlook in your child

Build positivity

- Encourage your child to start each day with a positive thought and end it by thinking of one thing to be grateful for
- Help your child think of ways to make the situation better when he/she faces problems and seeks your help
- Support your child when he/she requires a listening ear

Teach your child useful strategies to stay calm

- Breathe deeply
- Count to 10
- Think of a happy experience or listen to soothing music

Build empathy

- Teach your child to put himself/herself in others' shoes to understand how others are feeling and thinking. Building empathy can help to form strong relationships



Habit 5

Help your child develop a regular sleep routine

Make time for sleep

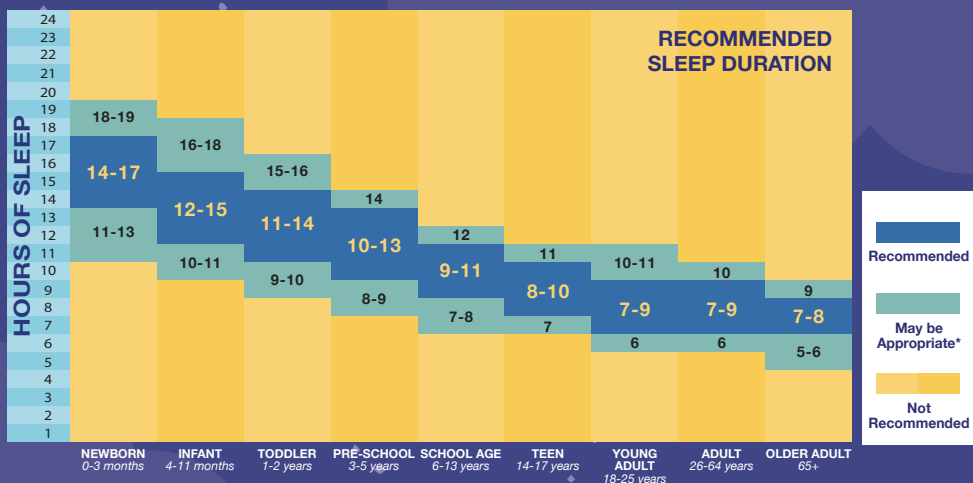
- Ensure there is enough time for pre-bedtime activities such as brushing teeth and putting on pyjamas so that your child can get the recommended hours of sleep
- Have better time management for the day's activities, so that there is sufficient time to complete all tasks before bedtime

Set the mood

- Keep the bed only for sleep and rest
- Ensure the room's settings are comfortable. Pay attention to the lighting, noise and temperature of the room

Power down for sleep

- Establish a regular, relaxing routine for your child before bedtime such as listening to soothing music or reading a book to help relax and anticipate bedtime
- Remind your child to avoid stimulating and vigorous activities such as exercise and consumption of caffeinated beverages before bedtime because these activities may disrupt the sleep cycle and affect sleep quality
- Help your child to develop a habit of putting away mobile devices before bedtime



Max Hirshkowitz et al. National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep Health* 1 (2015) 40-43

* "May be appropriate" takes into account that different individuals may require different amounts of sleep. Some individuals might sleep longer or shorter than the recommended-times with no adverse effects. Individuals with sleep durations far outside the normal ranges over a prolonged period may be compromising their health.

Habits for Active & Healthy Living



Encourage your child to:

Eat Right



Choose healthier food options



Bring a water bottle wherever he/she goes



Snack on fruits and vegetables

Move More



Go outdoors and enjoy nature



Go for a post-dinner stroll with the family



Take up a sport with the family during the weekends

Think Positive



Start each day with a positive thought



Be grateful and appreciative



Seek help and support when faced with problems

Sleep Well



Put aside enough time for pre-bedtime activities



Read a book instead of using the computer or phone before bedtime



Sleep at the same time every day

NurtureSG – This is what a Healthy Week in a Child's Life could look like

MON

- Eat a healthy breakfast

TUE

- Choose healthier meals in school that are prepared with healthier ingredients such as lower saturated fat cooking oils and wholegrains

WED

- Drink water instead of sweetened beverages
- Take part in physical activities and sports

THUR

- Turn to friends for social support, or speak to trusted adults like teachers when faced with problems

FRI



- Participate in fun outdoor play and sports at playgrounds, parks and recreation centres
- Take part in the National Steps Challenge
- Eat a healthy lunch that has less food which is high in sugar, fat and salt

- Do housework together as a family
- Eat a dinner with healthier ingredients, and lots of fruits and vegetables



SAT



- Eat a healthy breakfast
- Spend time with the family

SUN

- Walk or jog in the park
- Join the activities at Sundays at The Park
- Go for a healthy meal or picnic



- Participate in fun, outdoor play and sports at playgrounds, parks and recreation centres
- Eat a healthy and balanced dinner
- Take a walk with your family after dinner



- Have a good night's rest



Enhancing the Health Outcomes among our Children & Youth



Strong Bodies

Make healthier food choices in school, community and at home



Strong Hearts

Adopt an active and healthy lifestyle
Get active anytime and anywhere



Strong Minds

Nurture a resilient child
with a positive outlook



Sleep Well, Live Well

Observe good sleep habits
Have adequate sleep for
better growth and learning



Good Vision, Better Learning

Spend 2 - 3 hours everyday outdoors during daytime for healthy eyes



Healthier Teeth, Brighter Smile

Practise good oral hygiene and reduce intake of food and drinks that are high in sugar



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