

A Guide to Happy, Healthy Kids in the Home

Community and Public Health

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Fun

- Try to spend time - even a few minutes each day - having fun with your child
- Laugh together

Listening

- Set time aside - focus on your child
- Try to see the world through your child's eyes
- Paraphrase - repeat back to your child what he/she has just said, in your words

Talking

- Encourage your child to talk about his/her day
- Share things that have happened for you also
- Enjoy chatting during a daily shared meal

Limits

- Set limits for behaviour - it's good for children to know these in advance
"In our family, we..."
- Praise positive behaviour - encourage your child when he/she behaves well
- Offer choices - this helps children learn how to make decisions

Healthy Food

- Plan for healthy meals and snacks, low in fat and sugar - prepare these together
- Breakfast is an essential meal - don't leave home without it
- Small regular meals are better than one or two big meals a day

Exercise

- Provide your child with opportunities to be active each day after school e.g. playing outside, sports, bike riding etc.
- Enjoy being active with your child e.g. walk together, play outdoor games, plant a garden.



Share your time, create a memory.

TV/Computer/Tablets/Phones

- Limit viewing/screen time by negotiating weekly programmes and/or screen time with your child
- Plan to avoid early morning and late night television viewing and computer use (e.g. gaming)
- Choose to have TVs and computers in family rooms only.

Homework

- Set aside a particular place and time each day
- Keep useful items together e.g. paper, scissors, pens and pencils
- Children need help, supervision and encouragement
- Talk with your child's teacher regularly.



Safety

- Has your child a plan or a place to go if you can't be home when he/she arrives home from school?
- Talk with your child about keeping safe
- Teach your child to say "NO"

Quiet Time

- Quiet time is essential for "recharging batteries"
- Quiet activities may include drawing, reading, listening to music

Bedtime

- Set a reasonable time and stick to it
- Develop a routine e.g. TV off, lights low, story time
- Young and school-aged children need 10 - 12 hours sleep each night

Share your time, create a memory.

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