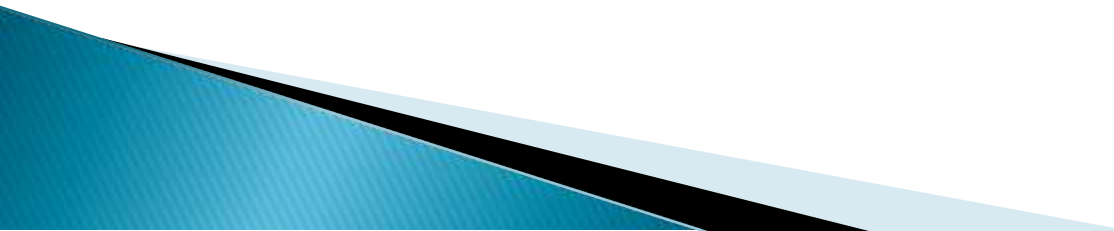


Rules for Good Health

Providence English private school
Health and well-being team

- ▶ Maintaining good health is crucial for individuals of all ages, and it starts with the right habits. Parents play an essential role in promoting healthy living within their households. Here's a guide to help parents ensure their children and family members lead a healthy and happy life.
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1. Balanced Diet

- ▶ A balanced diet is vital for everyone's growth, development, and well-being. A variety of foods from all food groups ensures proper nutrition and energy.
- ▶ **Fruits and Vegetables:** Aim for a colorful plate, as different colors provide different nutrients. Children should have at least five servings of fruits and vegetables daily.
- ▶ **Proteins:** Lean meats, poultry, fish, beans, and nuts are great sources of protein, which help in growth and repair of tissues.
- ▶ **Whole Grains:** Encourage foods like brown rice, whole-wheat bread, and oats, as they are rich in fiber and keep the digestive system healthy.
- ▶ **Dairy:** Include milk, yogurt, and cheese in the diet to provide calcium and vitamin D, which are essential for bone health.
- ▶ **Limit Processed Foods and Sugars:** Avoid excessive intake of sugary snacks, soda, and fast food. These can contribute to obesity, diabetes, and other health issues.

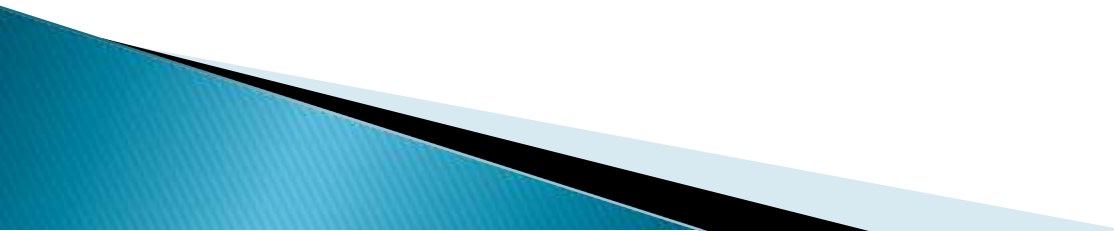


2. Regular Physical Activity

- ▶ Physical activity is important for keeping the body strong and healthy. It helps to maintain a healthy weight, improve heart health, and boosts mood and energy levels.
- ▶ **For Children:** At least 1 hour of physical activity every day is recommended. Activities like playing, swimming, dancing, or cycling are excellent choices..
- ▶ **Family Activities:** Engage in activities as a family, such as walking after dinner, biking etc



3. Adequate Sleep

- ▶ Getting enough sleep is essential for physical and mental health. Sleep allows the body to rest, repair, and recharge.
 - ▶ **Children's Sleep:** Children need more sleep than adults. School-age children typically require 9–11 hours of sleep per night, while teenagers need 8–10 hours.
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4. Hydration

- ▶ Drinking enough water is vital to staying healthy. Water helps to regulate body temperature, flush out toxins, and supports all bodily functions.
- ▶ **How Much Water?:** A general guideline is 6–8 cups of water daily for children and adults. However, children’s needs may vary depending on their age, activity level, and climate.
- ▶ **Encouraging Healthy Hydration:** Replace sugary drinks with water or milk. If the child dislikes plain water, try adding a slice of lemon or cucumber to enhance the flavor



5. Mental Health and Emotional Well-being

- ▶ Good physical health cannot exist without mental and emotional well-being. It's important to recognize the importance of emotional health for both adults and children.
- ▶ **Open Communication:** Encourage children to talk about their feelings. Listen attentively and help them manage their emotions by teaching coping strategies such as deep breathing or relaxation techniques.
- ▶ **Stress Management:** Help children and adults manage stress through healthy outlets, such as creative activities, hobbies, exercise, or spending time in nature.
- ▶ **Mental Health Check-ins:** Regularly check on your child's emotional well-being. Acknowledge their struggles and provide them with support.



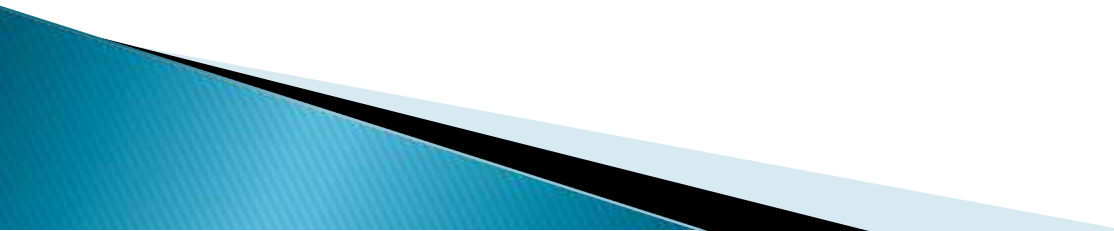
6. Personal Hygiene

- ▶ Good personal hygiene is essential for preventing illness and promoting good health.
- ▶ **Hand Washing:** Encourage children to wash their hands before meals, after using the bathroom, and after playing outside to reduce the spread of germs.
- ▶ **Dental Hygiene:** Encourage children to brush their teeth twice a day and floss regularly. Ensure regular dental check-ups to prevent cavities and gum disease.
- ▶ **Bathing:** Regular bathing helps remove dirt, sweat, and germs, preventing skin infections.

GOOD HYGIENE HABITS



8. Regular Health Checkups

- ▶ Preventive healthcare is essential to detect any issues early. Regular checkups can help monitor growth, development, and overall health.
 - ▶ **Routine Doctor Visits:** Regular check-ups with a pediatrician for children doctor for ensure that health problems are detected early and vaccinations are up to date.
 - ▶ **Eye and Dental Care:** Regular eye exams and dental visits help maintain overall health and catch any issues early.
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9. Limit Screen Time

- ▶ Excessive screen time (TV, computers, smart phones) can lead to physical and mental health issues, such as poor posture, sleep problems, and increased risk of obesity.
- ▶ **Set Limits:** Set reasonable limits on screen time for children and encourage alternative activities like reading, playing outside, or engaging in family time.
- ▶ **Encourage Healthy Screen Habits:** If using screens, encourage educational content, interactive games, and monitor usage to ensure it is not harmful.



10. Be a Role Model

Children tend to imitate what they see, so it's important for parents to model good health habits.

- ▶ **Lead by Example:** Eat healthy foods, stay active, practice good hygiene, and demonstrate how to manage stress. Children are more likely to adopt healthy behaviors when they see their parents practicing them.
 - ▶ **Positive Reinforcement:** Encourage and praise children when they make healthy choices. Positive reinforcement helps build long-term habits.
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Conclusion

By following these essential rules for good health, parents can lay the foundation for a healthy lifestyle for their children and themselves. A healthy family is a happy family, and these habits will help to foster physical, mental, and emotional well-being. Parents should remain proactive in creating an environment that supports good health and encourage lifelong healthy habits.

