

LOOKING BACK TO PLAN AHEAD

A YEAR-END REFLECTION HELPS US BUILD A HEALTHIER 2018



1 Be a Good Role Model

Young children are impressionable and mirror the actions of their parents. It is therefore important that you set the right example. For instance, if you don't want them to get hooked on mobile devices, don't be glued to them yourself. How you communicate with your child is equally important. Remember he is listening attentively to you and absorbing your words, even the tone you use.



2 Get Active Together

Sports and physical activity should be an integral part of you and your child's daily routine. The benefits of staying active include improved health and self-esteem. Engage your child in floor-based play, even before he can crawl. Take the stairs with your child instead of the lift, or stroll around the neighbourhood together. You can also sign up for a free ActiveSG membership at www.myactivesg.com to receive \$100 credit, which you can use for admission into swimming complexes, as well as for booking sports facilities and programmes.

3 Cultivate Good Eating Habits

Good nutrition is important for a child's growth and wellbeing. HPB's "My Healthy Plate" guide suggests that your child consume a variety of food from these food groups: Brown rice and wholemeal bread, fruit and vegetables, as well as meat and other dairy or calcium-rich foods. Remember to also let them drink plenty of water and be mindful of the fat, salt and sugar content in their food.



4 Share the Joy of Reading

Build a strong language foundation by having conversations and reading to your child. Bring him to the library to select a book of his choice to read. Create a bedtime story routine. This will enhance his communication skills and vocabulary, as well as strengthen the bond with your child. Include stories in your mother tongue so that your child can learn to appreciate the language at an early age.



5 Love Your Child Unconditionally — Remember That No One is Perfect

Don't be hard on your child if he does not respond well to some of the things that you are doing. Your child is unique and, as parents, you can support his individual strength by being patient, respectful and interested in his growth and development.



6 Chart Resolutions Together

Make resolutions with your child. It is a great way to help your child take ownership of some aspects of his daily experience. Have him name three things he did well this year. Then ask him to list three things he would like to do or improve on next year. Talk through the resolutions and help him break it down into simple and practical steps or actions. ♥