

STAY STRONG WITH THESE 5 PARENTING TIPS



1



EAT WELL TO STAY WELL

Having a healthier, balanced meal is as easy as Quarter, Quarter, Half! Simply fill $\frac{1}{4}$ of your plate with wholegrains, $\frac{1}{4}$ with a protein and the remaining $\frac{1}{2}$ with fruits and vegetables. Remember, no single food group can provide all the nutrients your body needs. Need ideas for healthy and delicious meals? Check out our recipes here.

2



SPEND QUALITY TIME TOGETHER AS A FAMILY

While working from home, it's important to find a balance between work and family priorities. Try to find little pockets of time by breaking up your tasks into smaller segments so you can bond with your children and attend to their needs too.

3



KEEP FIT WITH PHYSICAL ACTIVITIES

Build a better bond with your child through fun indoor games like hopscotch, hula hoops, or a good old dance session! These simple pleasures will not only allow you to stay active, but also help you realise it doesn't cost much to have a great time together!

4



DEVELOP HEALTHY BEDTIME HABITS

Create a regular bedtime routine for your child. For example, having milk, then brushing their teeth and reading them a bedtime story before it's time to sleep. Putting digital devices away at least 30 minutes before bedtime will also make it easier for them to fall asleep.

5



BE A HEALTHY ROLE MODEL

Your kids will imitate your behaviour. Show them you practice healthy habits too, like eating healthy, washing your hands and exercising regularly. Be their role model by sticking to a regular bedtime routine and turning off your phone and the TV on time to motivate them to do the same.