



## Helping Your Child Develop Good Daily Habits

Developing good daily habits and coping skills can help your child lead a healthy, balanced lifestyle and manage their feelings. This can help them buffer the negative effects of distress.

### Things You Can Do



1 Affirm your child when they engage in good daily habits. Role model these habits yourself too.



2 Use a planner to keep track of daily activities.



3 Even during hectic periods, encourage your child to set aside time for rest and exercise.

### 4 important areas in our lives in which to build healthy daily habits:

#### 1 Nutrition



**Have a balanced diet of nutritious food.**

- Involving your child in preparing nutritious meals can make them more willing to eat healthily.
  - Limit the number of snacks available at home. Opt for water as a default beverage or choose beverages that are lower in sugar.
- 💬 "What do you think about setting a rule for how often we should eat fast food?"

#### 2 Exercise



**Have an average of 1 hour of physical activity per day across a week, at moderate or vigorous intensity.**

- This can be as simple as walking home instead of taking the bus.
- 💬 "What kind of exercise do you enjoy? How can we make this a habit?"

#### 3 Sleep



**Have a regular sleep routine and healthy pre-sleep rituals.**

- Avoid screen use at least 1 hour before bedtime.
  - If your child has difficulty falling asleep due to overstimulation, they can try a non-stimulating activity like listening to soothing music.
- 💬 "What should we do or not do before bedtime?"

#### 4 Digital



**Have a healthy balance of age-appropriate screen use and offline activities that are important for your child's development.**

When deciding how much screen use is appropriate for your child, consider your child's age and needs to strike a healthy balance. Children aged 7-12 should have consistent screen time limits.

- Have regular conversations with your child to better understand what they do online. Is it school work or are they engaging in recreational activities?
  - Discuss and develop a timetable with your child to moderate the time spent on recreational screen use. Parental control settings can be used to monitor and limit screen use as agreed with your child.
- 💬 "What do you think is a reasonable amount of time to spend on your phone for leisure?"



Read the Singapore Physical Activity Guidelines published by Sport Singapore and Health Promotion Board (HPB) for preschoolers, school children, and youths (pages 17-20).



For more tips on sleeping well, visit HealthHub's MindSG.

