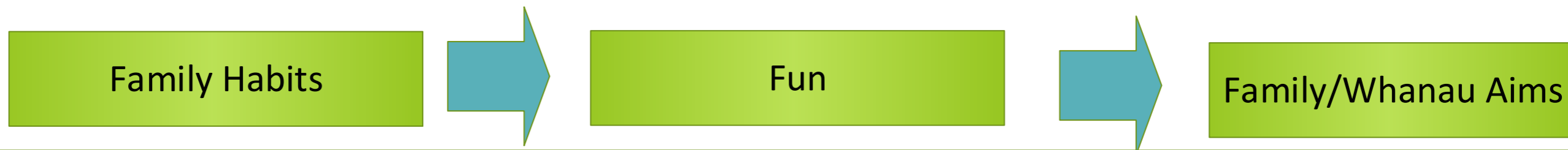
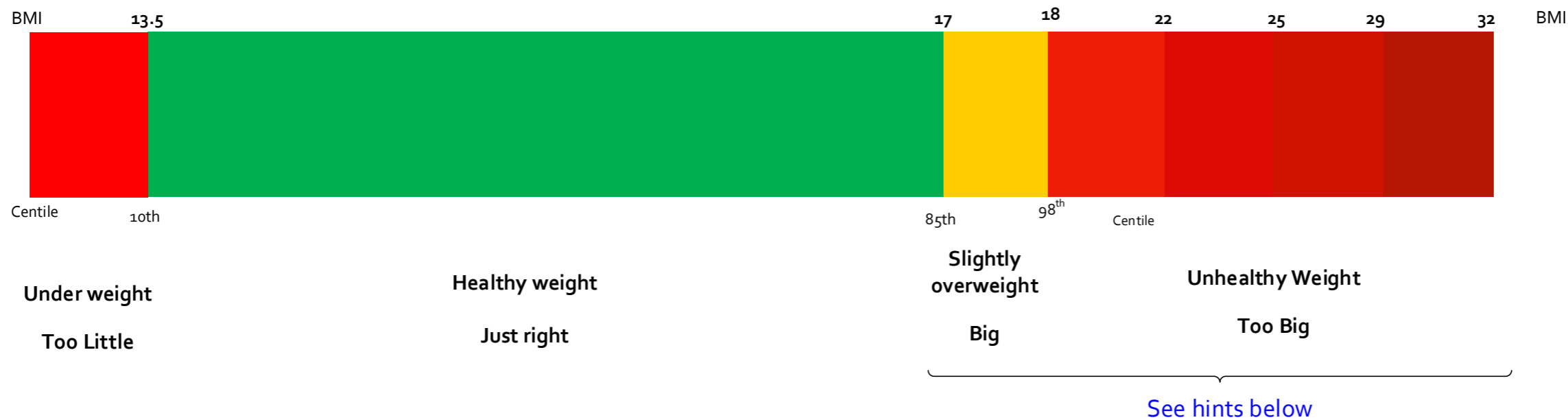


4 Year Old Weight Ruler



☺ Sustaining Breakfast

- porridge or equivalent
 - ☺ Water or Milk for drinks
 - A glass of water before main meals
 - ☺ Eat slowly (30 min for main meals)
 - talk more and TV off for meals
 - ☺ Healthy food in home
 - amount appropriate for age and don't insist everything must be eaten!
 - Only have healthy food in view or in cupboards
 - ☹ TV/Screen time
 - Less than 2 hours each day
 - ☺ Sleep
 - have a before sleep routine at the same time each night (teeth, bath, story, bed).
- Most 4 yr olds need 10 – 13 hours

- Parents are really important in showing how to eat well and stay fit!
- Play outside – aim at least 30 min each day, some of it with Dad or Mum or other adult.
- Rewards and Comfort – but not as food

- Have family discussions on how healthy living is going
- For children, keep weight the same till they grow into it
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