FOOD AND PHYSICAL ACTIVITY

PLAY | RUN/WALK | BIKE | ACTIVE TRAVEL

SWIM | SKATE | SPORT | PE

SKIP | CLIMB | WORKOUT | DANCE

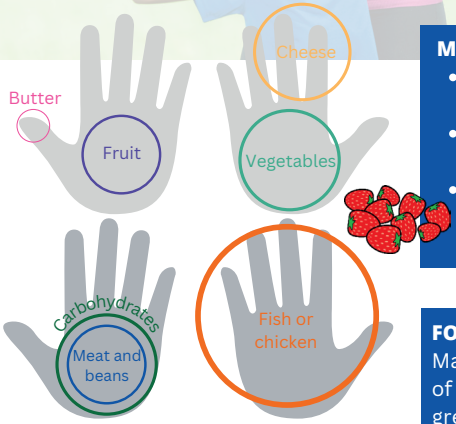
AIM FOR 60 ACTIVE MINUTES EVERY DAY

MAKES US SLEEP BETTER

IMPROVES CONCENTRATION AND LEARNING

BUILDS CONFIDENCE AND SOCIAL SKILLS

...AND SO MUCH MORE!



ME-SIZED MEALS

- A closed fist is about right for a portion of pasta, rice, cereal, vegetables, and fruit.
- A meat portion should be about as big as the palm.
- Limit the amount of added fats (like butter, mayo, or salad dressing) to the size of the top of the thumb.

FOOD LABELS

Many products have traffic light labels on the front of packs, which can be a useful guide. The more greens on the label the healthier the choice so pick more of these! Amber and red can mean there is more saturated fat, salt and sugar, eat them in smaller amounts and less often.

Calories	Fat	Saturates	Sugar	Salt
250	24g	3.5g	0,5	0.8g
12%	30%	18%	>1%	5%

Juice drinks
They don't have salt or fat, but 1 juice pouch has **2 cubes** of sugar.

Yoghurts
Believe it or not, a pot of sugary yoghurt contains up to **6 cubes** of sugar!

Cereal bars
We tend to think of these as a healthier option, but a single bar has **3 cubes** of sugar.

Fun-sized sweets
The packet may be small, but it still contains **5 cubes** of sugar.

Ice cream
There are up to **5 cubes** of sugar in an ice cream.

Chocolate bars
Yikes! A single chocolate bar has a whopping **6 cubes** of sugar. That's the entire day's allowance for a 10-year-old!

Sugar facts and recommended daily amounts

The maximum recommended daily amounts of sugar are:



4 to 6 years old: 19 grams (5 cubes)

7 to 10 years old: 24 grams (6 cubes)

11 and older: 30 grams (7 cubes)

THINGS YOU CAN DO AS A FAMILY TO MAINTAIN GOOD HEALTH AND WELLBEING



CONNECT

Connecting improves sense of belonging and self-worth

- Try eating dinner together as a family

- Share your hobbies and interests with everyone
- Use different ways to communicate
- Try new activities during the school holidays: holidayactivities.sandwell.gov.uk/



BE ACTIVE

Being active improves mood, increases energy and self-confidence

- Exercise locally by going for a walk, run or cycle ride

- Reduce screen time at home and try playing new games and activities around your home and outside
- Visit a local park: www.sandwell.gov.uk/parks
- Access free swimming for all under 18s. Find out more at: www.sandwell.gov.uk/freeswimming



GIVE BACK

Giving acts of kindness can increase sense of purpose and life satisfaction

- Have a family competition to see who can recycle the most

- Find different projects to reuse your plastic items
- Grow your own food together
- Do a family litter pick
- Do something nice for a neighbour



KEEP LEARNING

Learning new skills can give a sense of achievement and boost confidence

- Over breakfast, choose a letter of the day. Everyone looks for objects that begin with that letter during the day.

- Ask your child to tell you a story. It can be a new story or an old one with new twists or characters. Write down what your child says. Save the story to read it again.
- Use ChatHealth, an advice text service for parents and carers in Sandwell, by texting 07312 263756.



TAKE NOTICE

Noticing helps to calm the mind and understand ourselves better

- Try some meditation together

- Try some mindfulness activities
- Think about your individual strengths and reflect on the positive
- Talk about all the things your family observed that day and marvel at the world around you



ORAL HEALTH

- Guide your child's hand so they feel the correct movement. Use a mirror to help your child see exactly where the brush is.

- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes or download Brush DJ for a song to brush to.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

To find out more about nutrition, exercise, Sandwell's National Child Measurement Programme and more visit the Healthy Sandwell website at: www.healthysandwell.co.uk/the-national-child-measurement-programme/

Help children learn more about health at: www.healthforkids.co.uk