

PRACTICAL ADVICE ON MAINTAINING HEALTH DURING THE COVID-19 PANDEMIC

CHILDREN AND ADOLESCENTS



Establish a daily routine for the family

Waking up, mealtimes and snacks, school work schedule, break times, exercising, entertainment and fun, and bedtime.



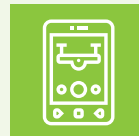
Engage children and teens in making a shopping list and helping with meal preparation

to encourage healthier family meals, while helping kids learn budget planning and age appropriate kitchen skills.



Prepare breakfast, lunch and snacks ahead of time

to ensure healthy options are available, to ensure portion control and to avoid grazing during the day.



Limit passive screen time

With everyone at home, screens will be on! Limiting passive screen time will help strike a balance between educational material, entertainment and social activity.



Prepare a daily water bottle

to ensure that children stay well-hydrated, to help track their water intake and to them help avoid misinterpreting thirst for hunger.



Engage in physical activity as a family

incorporating physical activity breaks – flash dancing, stretching, jumping jacks, and dance breaks throughout the day, along with playing games and outdoor activities as permitted given COVID-19 restrictions.



Out of sight, out of mind

Move sugary and salty snacks and foods into cupboards and keep them away to minimise children asking for them.

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