



Did you know that

Children should drink at least 5 large or 6 small glasses of water during the day?



Why is drinking water so important?

Drinking enough water during the day is needed for a good body functioning and leads to an optimal physical and mental performance. It helps children better perform at school and keeps them healthy. Water is very refreshing and is the best drink for thirst. So, water is by far the best choice!



The IDEFICS project provides 5 folders promoting a healthy environment for childhood and adolescent development:

[Refresh your child with water!](#)

[Enjoy family time instead of media time!](#)

[Help your child to get enough sleep!](#)

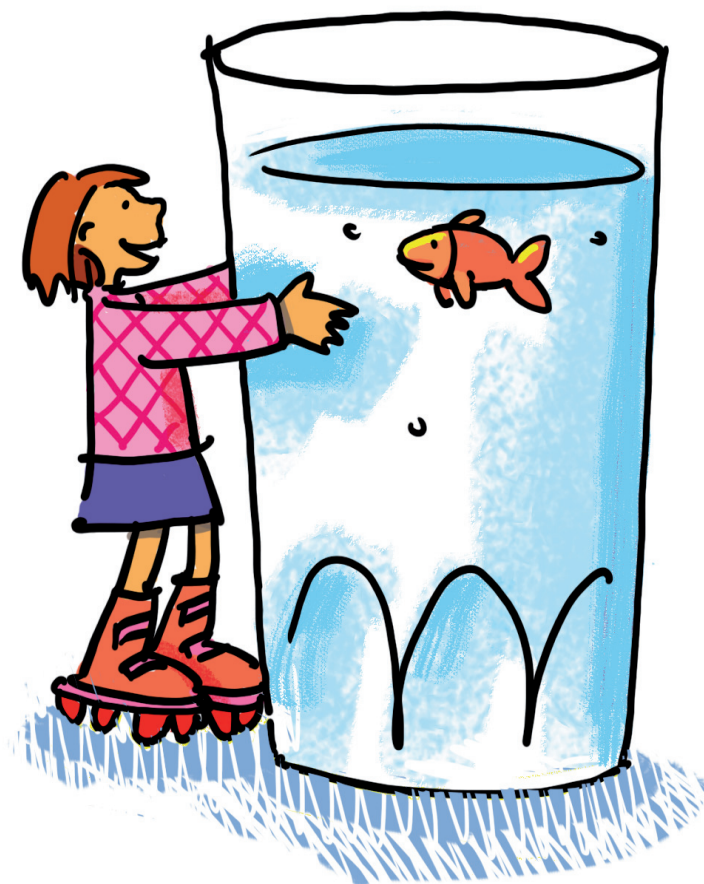
[Fruits vegetables taste delicious!](#)

[Encourage your child to be more active!](#)

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Refresh your Child with Water!



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5 tips to have your child to drink more water and to obtain a more healthy lifestyle



1. You can show your child that you like to drink water

You can be a model for drinking water at every moment of the day and by showing your child that you enjoy drinking water!



2. You can stimulate your child to drink water unrestrictedly and you can set regulations regarding the consumption of soft drinks at home

You might try to make potable water continuously available at home and stimulate your kids to drink it unrestrictedly. You can set regulations about the consumption of unhealthy beverages e.g. only one can of soft drink a week, only in the weekend, only at parties...



3. You might try to install new habits

You can establish new habits such as drinking a glass of water after or with every meal. This way, your child already drinks three glasses a day!



4. You can make drinking water easy and attractive for your child

You can make it easy for your child to drink water by keeping a bottle of water in a place where your child can easily take it. You can always put a bottle of water in the schoolbag of your child. When you go on a journey or trip, you can take a bottle of water for each person of the family.



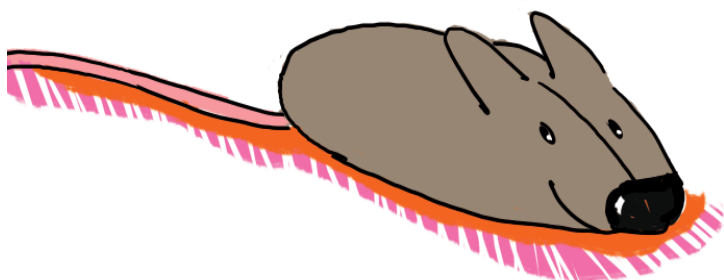
5. Together with your child you can try out different kinds of water

Together with your child, you can taste and drink different kinds of water: tap water, mineral water, spring water, sparkling water, non sparkling water, ... You might also try to learn your child how to make a cup of tea and you can try out different kinds.



Did you know that

Preschool children's total media time (TV, video, computer games...) should be limited to no more than 1 hour a day?
School-age children's total media time should be limited to no more than 2 hours a day?



Why is it recommended to limit media time to 1 - 2 hours a day?

When media time is limited to 1 – 2 hours a day, children are likely to perform better at school and are less likely to show violent and aggressive behavior. They will also find more social and active things to do.



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Enjoy family time instead of media time!



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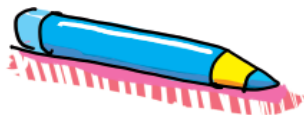


5 tips to limit your children's media time in order to live a more healthy lifestyle



1. You might create a TV schedule

You can set rules about when and for how long children can watch TV, e.g. never watching TV before school, never watching TV during homework. You can plan TV viewing with your kids : go through the TV guide, pick the programs they want and stick to the planning.



2. You and your child can perform pleasurable activities instead of watching TV, surfing the net, playing video games, ...

You can compose a list of enjoyable alternatives for TV viewing like swimming, playing outside, ... stimulate your child to perform one or more such activities as a compensation for TV viewing (e.g. one hour outside for one hour TV) .



3. You can allow that only wholesome foods can be eaten in front of the TV and while using the computer

You can avoid that your kids consume unhealthy food in front of the TV or computer by allowing fruit & vegetables or water . Meals in front of the TV should be taboo. Instead, you can make dinner a time for quality time with the family.



4. You can reduce the amount of TV's and computers in your home

More than one TV and/ or computer makes it more difficult to keep to the schedule. TV's and computers in the kids' bedrooms are especially harmful because it is much more difficult to monitor the time and content they are watching and it promotes isolation.



5. You can reward your child with pleasurable activities instead of allowing additional inactive screen time behavior

If your child has done a good job, such as cleaning up his/her toys, we ask you to avoid rewarding this behavior with media time. Handling that way, makes it even more important to children.





Did you know that

Preschool children need between 11 and 13 hours of sleep during the night?
School-aged children need between 10 and 11 hours of sleep during the night?

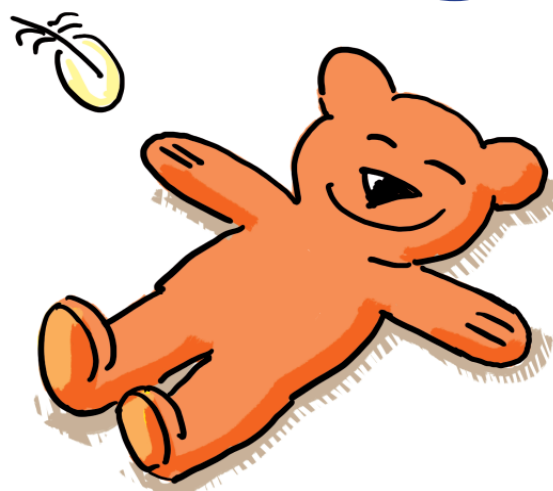


Why does your child need enough sleep?

Sleep is essential to a child's health and growth. It also promotes attentiveness, performance and well-being. Children who get enough sleep are less prone to behavioral problems. Therefore it is very important that children receive adequate sleep!



Help your child to get enough sleep!



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5 tips to help your child to get enough sleep during the night in order to improve physical and mental health



1. You can try to precede and combine bedtime with a relaxing activity



You can try to avoid exciting activities, watching TV or playing video/computer games just before bedtime. Instead, you can interact with your child at bedtime (e.g. reading a story).



2. You can try to have a regular and consistent bedtime routine

You can set regular bed and wake times which are consistent seven days a week. It's also important to start the bedtime routine early enough and to start the routine every day at the same time.

You can put on your child's bedclothes, brush teeth, read a short story, put your child to bed, say goodnight and leave the room.



3. You can try to avoid eating before bedtime

You might try to avoid giving your child big meals and large drinks immediately before going to bed. You can also try to avoid that your child consumes foods or drinks that contain caffeine (e.g. chocolate and sodas).



4. You can create a simple bedroom which is only used for sleeping

You can try to keep the bedroom simple and remove all stimulating prickles (toys, television, ...) which invite your child to play. You can create a good sleeping room that is cool, dark and quiet.

You might try to avoid to use your child's bedroom as a place of punishment. This way, your kids won't create negative feelings towards the bedroom.



5. You can try to have your kids to be active during the day

You can encourage your child to be physically active during the day because this promotes good sleep.

However, you might try to avoid physical activities before going to bed because this will have the opposite effect.

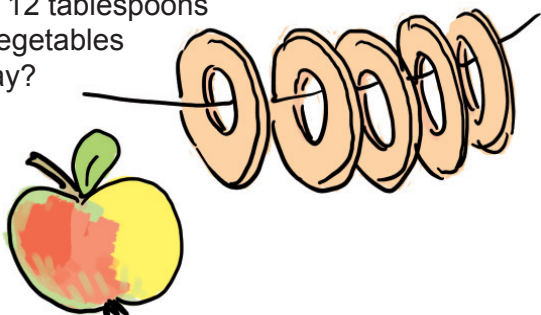




Did you know that

Preschool children should eat at least 1 to 2 pieces of fruit and 4 - 6 tablespoons of vegetables a day?

Primary school children should eat at least 2 to 3 pieces of fruit and 10 - 12 tablespoons of vegetables a day?



Why is it important to eat enough fruit & vegetables a day?

Most children eat less fruit & vegetables than recommended for a good health and sufficient vitamins that help to prevent some diseases like heart diseases and cancer. Fruits & vegetables also taste delicious and there is so much variety to choose from!



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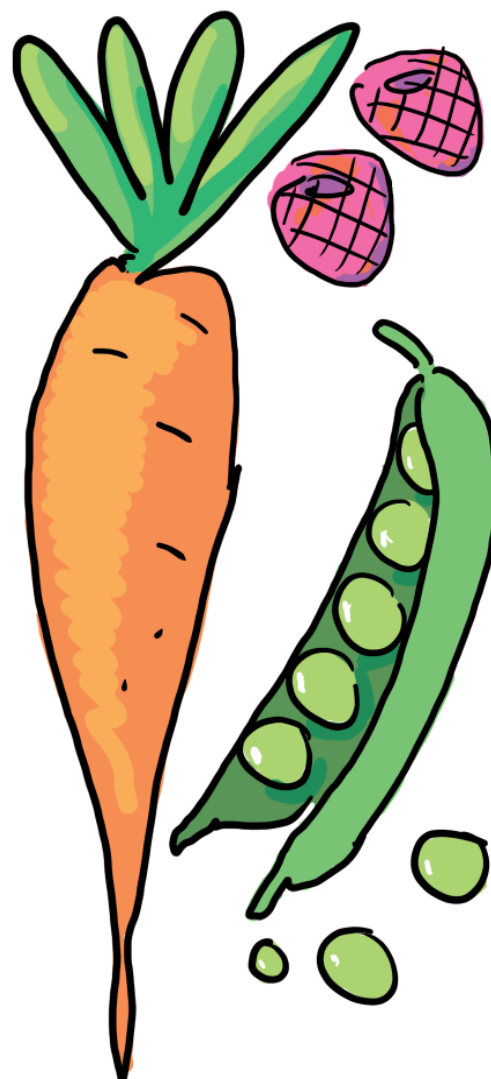
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5 tips to have your child eat more fruit & vegetables during the day and to obtain a more healthy diet



1. You can take some time together with your child to eat fruit & vegetables



You can try to eat fruit & vegetables together with your kids. Your pleasure in eating fruit & vegetables will also promote theirs. Most kids also love to wash and prepare fruit & vegetables together with their parents.

2. You can provide fruit & vegetables to your child in forms in which they can be readily eaten

If peeled fruit & pre-cut vegetables are served, children will more easily eat them.



3. You may need to serve fruit & vegetables on several different occasions for your child to accept it.

Children often need 10 or more exposures to a food before taking a bite and they need 2 or more bites before starting to like that food. You might need your kids to ask, different times and without pressure, to try the fruit or vegetable.



4. If your child asks for a cookie, you can provide fruit & vegetables as a snack

You can easily provide peeled fruit and/or pre-cut vegetables to your kids as a mid-morning or afternoon snack at school and at home. This will help your kids to get the amount of vegetables and fruit they need each day and to reduce their consumption of unhealthy snacks.



5. You can try a wide variety of fruit & vegetables and include it wherever possible

You can try to buy fruit and vegetables in a wide variety of colors and you can establish habits such as including fruit and vegetables at every meal: you can add vegetables to your favorite family recipes and you can eat fruit as a dessert.



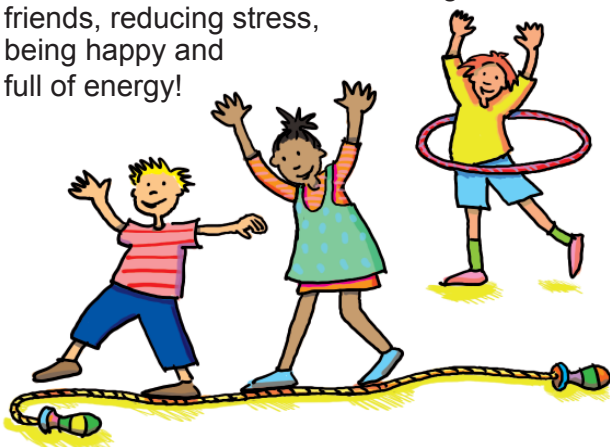
Did you know that

Preschool children need at least 2 hours of physical activity during the day?
Primary school children should be at least 1 hour physically active during the day?
This means activities which cause an increase in heart rate and breathing and includes a leisurely bike ride, active play in the backyard, swimming or playing football.



Why is being active so important?

Being active, in combination with healthy eating is a great way for kids to become and stay healthy. Just some of many other benefits are: developing strong bones, muscles and lungs, developing flexibility, balance and coordination, meeting new friends, reducing stress, being happy and full of energy!



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5 tips to have your kids to be more active and to live a more healthy lifestyle



1. You can spend time together with your child and be an active parent

If your kids see you enjoying physical activity and having fun, it will motivate them to be more active: you can play outdoor, go to the swimming pool, bike ride together, ...



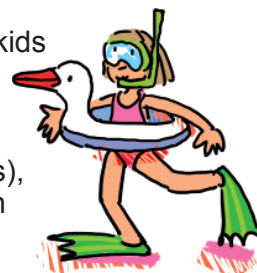
2. You and your child can try to be active any way you can

Kids love it when mum and dad join in their games but you can also try to fit some physical activities into daily life: you can walk or bicycle with your kids to and from school or the local shop and you can encourage your kids to help you with household chores such as walking the dog or washing the car.



3. You can stimulate and support your child to be active

You can stimulate your kids to be active through encouraging and supporting them to take part in organized sport(s), after school clubs, youth movement or just by playing outdoor games with friends or family members.



4. You can reduce inactive leisure time and replace it by active alternatives

Instead of watching television, playing video games or surfing the net, you can provide your kids attractive opportunities to be active: playing together, a "backyard kit" containing activity related equipment such as a ball, frisbee, skipping rope, ...



5. You can support and encourage your child's active choices

Some kids like team sports but other kids prefer less structured activities like bike riding. Whatever their choice, you can praise them for their efforts. If your kids have done a good job, such as cleaning up their toys, you can reward them with amusing activities, e.g. going for a swim.

