

Eat, grow, and be well



This is material from Child Health Care (Barnhälsovården) about good food and movement habits for children.

Eat, grow and be well

Food and movement habits are established early on and play a major role in the child's health throughout its life. BVC (the Child Healthcare Centre) engages in preventative and health-promoting work with children in the age group 0-5 years, with healthy lifestyle habits being one of several important areas.

In this brochure you will find advice about healthy food and movement habits for the family which can benefit good health and weight development of children and families.



Growth and BMI

During the child's first year of life, growth is very rapid. On average, one can expect that at the age of one year old a child will weigh three times its weight at birth. It's of no significance for later weight if the child weighs more than average during the first year. Children usually slim down from approximately 2 years old.

From that age, excess energy from food can increase the risk of overweight. The child's length, weight and BMI (Body Mass Index) are monitored regularly by BVC. The BMI for children takes into account age and gender. Your child's BVC records include a BMI graph from the age of two. In the pre-school ages- 2-6, children grow on average by 6-8 cm per year.



Food as comfort

It's easy to reach for food and goodies as comfort if a child is miserable, angry or tired. If the child isn't hungry, try to find other ways to comfort it.

Tips about good food and movement habits

Good food combined with movement provides the basis for good health for both children and adults. Use the Health Model picture to find your way to healthy habits.

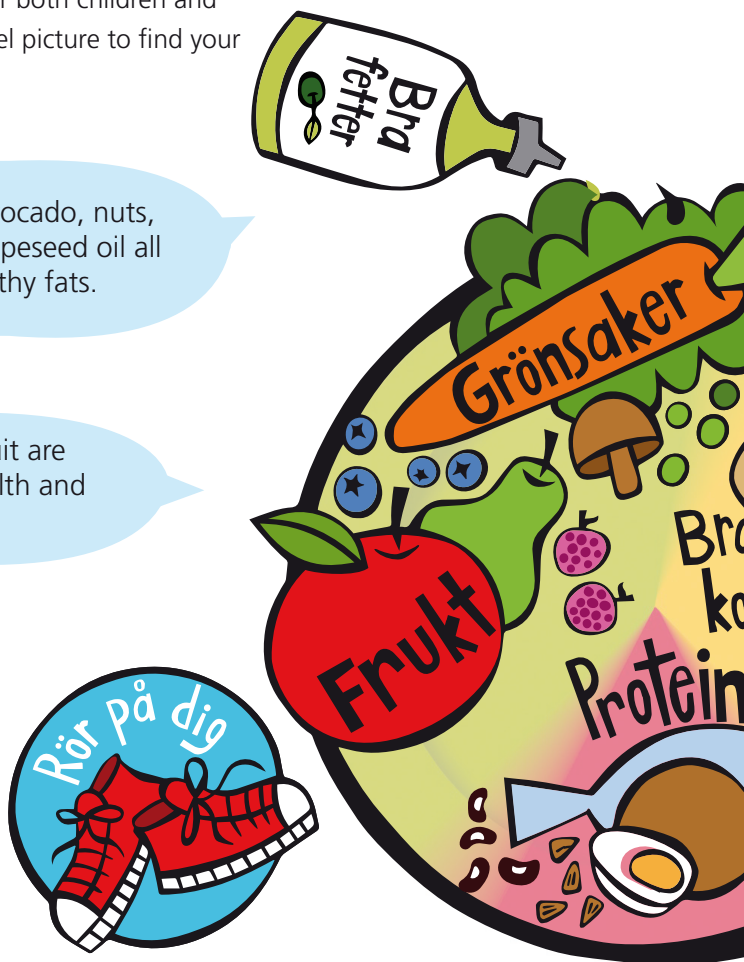
Fatty fish, avocado, nuts, seeds and rapeseed oil all contain healthy fats.

Vegetables and fruit are good for both health and the environment.

Vary the diet and provide the possibility to taste new things.

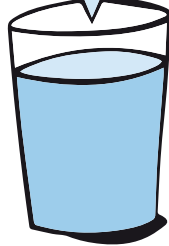
Eating together provides pleasure and company.

Children feel well from eating breakfast, lunch and supper at regular times, along with one to three snacks.



Water is the best drink.

Vatten



Milk, buttermilk and yoghurt (natural) contain healthy nutrients and it's sufficient with 2-3 glasses per day.



Avoid sugary drinks, sweets, cakes, ice cream and other things with lots of sugar.



Choose keyhole-marked food for more wholegrain, healthier fats and less sugar and salt.

Offer moderate quantities of good food and let the child decide when it's full and satisfied.

Choose fish, chicken and vegetarian meals several times a week. Limit cured meats, sausages and red meat.

Children and movement

Children develop by playing and free play strengthens the child's fantasy, communication and social interaction. Play in movement also stimulates the brain's development. By moving, the child learns to use its body and to discover its surroundings. Small children like to be active and feel well from moving about during large parts of their day. At some point during the day, your child needs to exert her or himself to become warm and sweaty. Take advantage of the child's natural joy in movement and willingness to walk, run, and jump, and don't use the pushchair too much. It's fun to play in the forest, to climb on stones and to carry branches. Therefore, encourage the child to play outdoors, preferably together.

5 good movement tips!

1. Do something that all of you think is fun.
2. Exploit opportunities for movement in day-to-day life, e.g. by walking or cycling to preschool.
3. Play outdoors - large areas cause the child to move more.
4. Use the weekends for activity – for example, by going on an outing.
5. Be active together, mess around and play together with your child, e.g. dancing, hide and seek, jumping with a skipping rope, etc.



Screen time

TV, computers, tablets and telephones are a part of the entire family's everyday life. Children and adults can have different interests and use screens in different ways; what's it like in your family? It can make things easier if the family has clear rules in place about screen time. When you use screens, it's best if you can sit together with the child in order to explain what's happening. Limit the screen time and take breaks from just sitting still. In order to develop socially, children need to socialise and do things together with other children and adults.

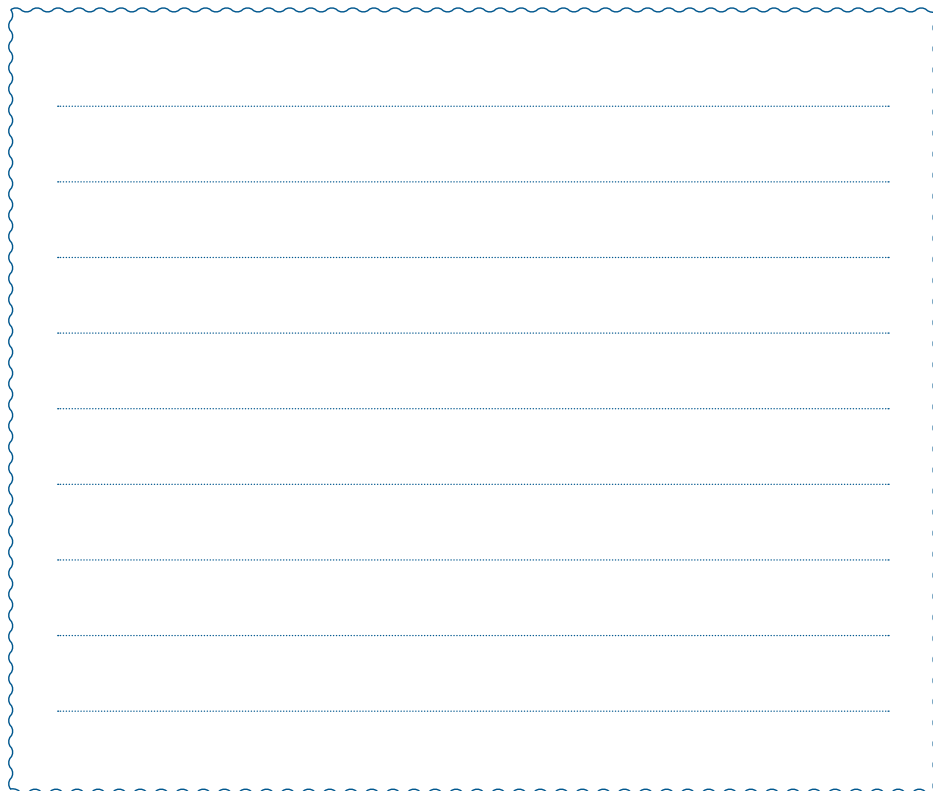


3 good screen tips!

1. When the child is sitting by a screen, watch together with your child.
2. Take breaks from sitting still by having breaks for movement.
3. Determine which rules apply as regards screens in your family.

What would you like to discuss?

Here you can write down questions that you would like to take up during the visit.



More information

If you have questions or would like to know more, talk to your paediatric (BHV) nurse. You can also read about food for small children on:

www.livsmedelsverket.se

www.1177.se/Tema/Barn-och-foraldrar/