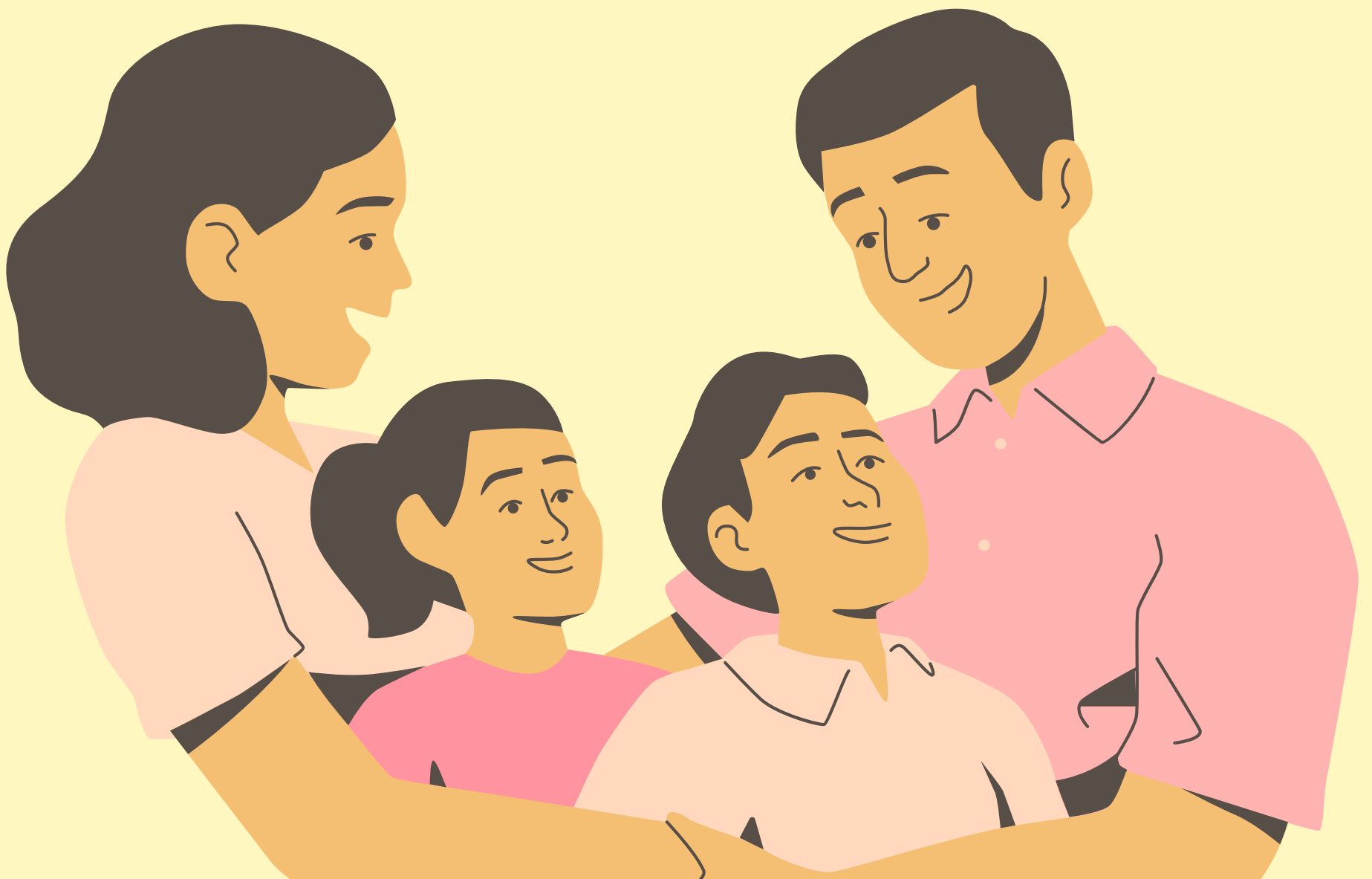


# 5 ways to keep children healthy



# Ensure a healthy diet and make eating fun

- ✓ Play kitchen, bake together, and eat together
- ✓ Judge overall intake – ensured vitamins, whole grains, and proteins
- ✓ Keep junk foods to a minimum
- ✓ Teach your child to eat “the rainbow” and try a new colour each week



# Encourage physical activity and playtime

Ensure at least one hour of physical activity every day

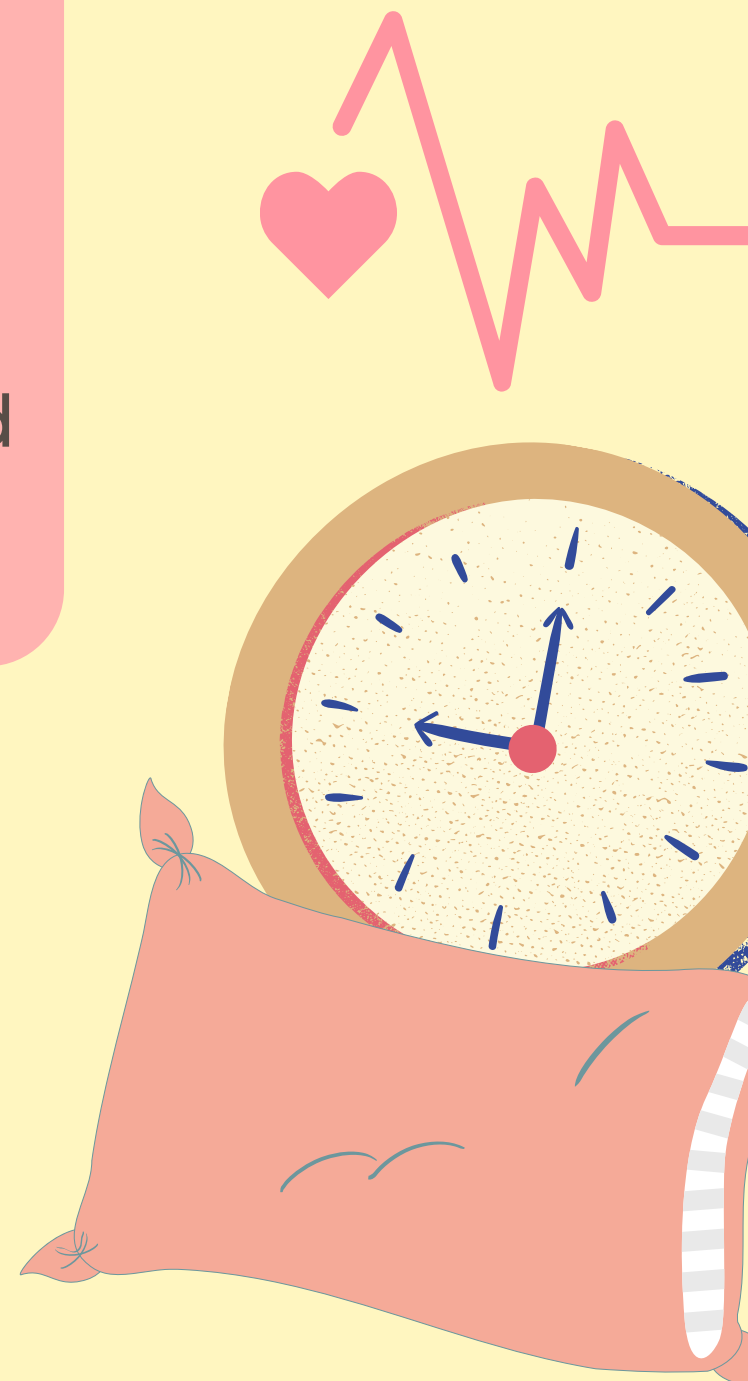
Lead by example: Take the stairs/walk to the store

Encourage kids to take up basic household chores



# Instill healthy sleep habits

- ✓ Pay attention to the quality of sleep
- ✓ Make sure they clock in 9-11 hours of sleep in a day
- ✓ Set a healthy sleep routine and ensure it's followed



# Put the technology away

- ✓ Set screen time limits
- ✓ Make only age-appropriate content accessible
- ✓ Educate kids about the effects of social media



# Be present with your child physically and mentally

- ✓ Respect your child's time and space
- ✓ Make space for open and free conversations
- ✓ Keep in touch with your child's peers and teachers
- ✓ Reinforce good habits with positive affirmations and affection



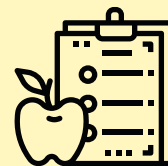
**Wellbeing on the Web (WoW)** offers consultations with doctors, nutritionists, counsellors, and other resources to help working parents stay informed about their children's wellbeing.



**Counsellors**



**Doctors**



**Nutritionists**



**Diagnostics**



**Pharmacy**



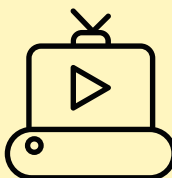
**Finance guide**



**Newsletters**



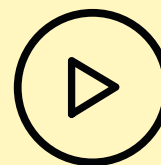
**Self-assessments**



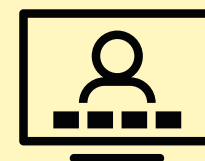
**Live classes**



**Articles**



**Videos**



**Webinars**