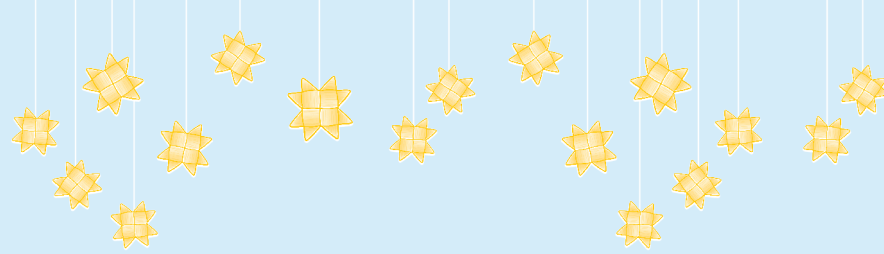


My goal chart



My name:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward!
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

The best reward we can give our children is our time and attention.
For information see healthykids.org.nz/rewards

Sleep

- Having a regular bedtime routine helps your child to understand when it is time to sleep, such as a bath, brushing teeth and a story.
- An hour before bed avoid active games like playing outside and screen use.
- Ideally the place to sleep will be comfortable, quiet, warm and dark (though a night light is okay). Keep the area a screen free zone (TV, internet, computer games).

Toileting

- Most children are ready to begin toilet training between 2 and 3 years of age.
- To help with toileting a child needs to drink 5-6 evenly spaced drinks each day. The best thing to drink is water.
- Establish regular times your child goes to the toilet and encourage them to sit 20-30 minutes after each meal to pass a bowel motion.

Hygiene

- Good personal hygiene helps children stay healthy and more confident knowing their body is clean and fresh.
- Ideally have a bath or shower each day and wash using soap or shower gel. Using deodorant can help with body odour (where age appropriate).
- Other things that will help are washing hair regularly and brushing twice a day, brushing teeth twice a day using fluoride toothpaste.
- Remember to wash hands before eating and after going to the toilet and to cover your mouth when coughing or sneezing.

Nutrition

- Ideally sit together and eat as a family/whānau to encourage children to eat a variety of foods without screens or phones at the table.
- Aim for 5+ a day of fruit and vegetables and wholegrains. Use your child's hand to guide portion size: palm = protein (meat, fish, eggs, legumes); fist = carbohydrates (pasta, rice, bread, potato); 2 cupped hands = colourful vegetables.
- Choose water avoid sugary drinks and limit milk and juice.
- It is best to limit takeaways and processed foods to once a week or less.

Exercise

- Children need at least 1 hour of moderate or vigorous physical activity every day which provides physical and wellbeing benefits.
- Do something active as a family/whānau; go for walks, play soccer, go to the playground creative games around the house, household chores or scooting.
- Provide chances for children to be physically active every day. Limit screen time to less than 2 hours a day (includes TV, game consoles and phones).

Useful Websites

- healthinfo.org.nz – child health, personal hygiene, sleep, eating well
- healthnavigator.org.nz – parenting, active-children
- continence.org.nz – continence in children
- allright.org.nz – rewards charts, parenting
- kidshealth.org.nz – sleep and parenting
- www.cdhb.health.nz/phns – Public Health Nursing Service referrals and information

Behaviour

- Staying calm with children is important. The best way to help them manage their emotions is by showing them through your behaviour.
- Children feel a lot safer when limits and boundaries are put in place. It's important to be fair and consistent. More than anything, children and young people simply want positive time and attention from their family/whānau.
- All children behave in challenging ways at times- guiding and supporting them through these times with love and understanding will help. Children may not have the skills to solve a problem and may lash out.
- Tantrums happen usually when children are frustrated and can't say how they are feeling. These can be triggered by tiredness, hunger, being unhappy, over stimulated.
- Giving children limited choices can help – like 'would you like to wear your red shirt or your blue shirt?' This way they feel like they are part of the decision-making process, and their ideas are being heard.