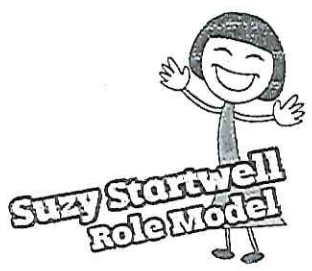


Startwell



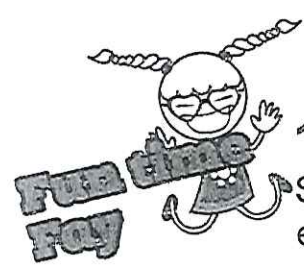
Being active, eating well, achieving more



Be a role model for your child
Eat well, be active and have fun doing activities together.

2 snacks max

Incorporate 3 child-size meals and 2 healthy snacks a day into your child's daily routine.



180 minutes

Structured and unstructured fun activities to participate in and enjoy, encourage being outdoors as much as possible.

Me sized meals

Remember kids tummies are smaller than grown ups so they don't need the same amount of food.



Avoid inactivity

Take care that your child is not inactive for more than 1 hour at a time (except when sleeping)

5 a day

Make sure your child gets a variety of at least 5 portions of fruit and vegetables a day. A portion roughly equals a handful.



Physical activity aids learning

The learning and growth gained from being physically active is important to social, language, emotional and intellectual skills.

For more information please visit: www.startwellbirmingham.co.uk