

## Tips on how to increase daily exercise



- You can use an exercise stamp card to encourage your child to move. Craft a card and let your child put a stamp or sticker on it when you've been hiking, bicycling or swimming, among other things.
- Make the trip to daycare fun by walking forwards or backwards, playing tag or bicycling. Lead by example with your own movement.
- Create an obstacle course where, for instance, your child can jump, tumble, practice cartwheels or crawl through tunnels. More tips for "everyday circus" can be found on the website "Neuvokas perhe".
- Don't forget ordinary and traditional garden games: skip-rope, dodgeball or king of the hill.
- Arrange garden olympics and let the kids come up with various sports: ball tossing, running, long jump – whatever they can think of!
- Fun winter activities: sledding hill, ice-skating, cross-country skiing or forest walks. Find the best places to do different activities. Hot chocolate warms an outdoor person.
- Dress your child for the weather: where can you find the best puddles in the autumn or the best mud pits in the forest?
- Remember daily chores: snow-work, raking, planting flowers, small renovations – let your child help you.
- Don't forget sufficient rest! Enough sleep alongside calm, relaxed moments help cope with everyday life and activities.



**Children are naturally curious and test their limits even in physical activities. It's up to the adult to limit screen time, not the child's natural movement. Children under school age are recommended to move 3 hours a day.**



## Remember encouraging table talk!

- Eat together and remember positive table talk. Ignore it if the child doesn't want to taste the food today. You can maintain a pleasant atmosphere during the meal through positive table talk, and eating won't become a horrid power struggle.

"How nicely you sat and discussed at the table"

**Don't coax, force or bribe the child to eat – instead, encourage.**

"I want you to eat that amount so that you'll have energy to play with your friends today"

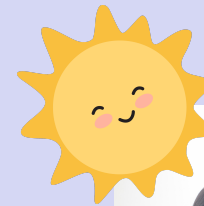


- Parents can have differing views on how healthy or unhealthy the food is, but there is no widely used foodstuff that can't be eaten now and then.
- In general, foods that parents consider forbidden are more interesting for the children.
- Sweets make up only a small part of the diet, meaning that you can have some now and then with a clear conscience.
- Sometimes pickiness can be caused by an illness, such as allergy, celiac disease, acid reflux or problems with oral motor functions.
- Ordinary illnesses or acute infections can also cause pickiness or the refusal to eat.
- If a child is picky with food, it's best to talk about it with the child health clinic's employees who, in turn, can offer support in food problems.

**Sources: Neuvokas perhe, Sydänliitto, Valio**



## Childhood nutrition



## Eat regularly - don't snack

A versatile diet and regular mealtimes give children steady energy and nutrition to support their growth and development as well as provide fuel for playing and moving about.

## The plate model is suitable for the whole family

- Fill ½ of the plate with vegetables: salad, warm vegetables
- Fill ¼ of the plate with potatoes, whole grain rice or whole grain pasta
- Fill ¼ of the plate with meat, fish, poultry, low-fat cheese or vegetarian food containing legumes
- Drink non-fat milk or sour milk
- Wholemeal bread, with spreadable vegetable oil as a topping
- Yoghurt or quark with berries or fruit pieces as an afternoon snack
- Water quenches thirst best

Mealtimes for children under the school age can be arranged in the same way, but with smaller portion sizes!

Give children 4–6 daily meals at regular intervals. In this way, children maintain their joy of playing and learning new things and have energy for the whole day. Hunger can attract unwanted guests, like tiny tantrums.



Picture:Valio

## Smart breakfast and afternoon snack - choose something from each group:

### Carbohydrates:

- porridge
- wholemeal bread
- whole grain cereal



### Protein:

- milk or sour milk
- yoghurt, fermented milk or quark
- cheese, toppings
- eggs



### Vegetables:

- berries, fruit pieces
- tomato boats, cucumber sticks
- root vegetable pieces



### Fats:

- spreadable vegetable oil on bread
- nuts, almonds, seeds



## Remember Vitamin D

Good sources of vitamin D are milk products, plant-based fats with added vitamin D, fish and forest mushrooms.

In addition to vitamin D from food, a daily supplement of 7,5 micrograms of vitamin D is recommended for children aged 2–18 all year round.



## From dairy products:

### CALCIUM, VITAMIN D AND IODINE

as well as a variety of different nutrients:

- high quality proteins
- vitamins and minerals

The recommended daily intake of non-fat and liquid, low-fat dairy products is 4dl for **children under the school age**, plus one slice of low-fat and low-salt cheese.

**For school-age children**, the recommendation is 5–6dl of liquid dairy products and 2–3 slices of cheese.

Liquid dairy products include milk, sour milk and other sour milk products.

### Recommended calcium intake for children:

**1–5-year-olds 600mg/day**

**6–9-year-olds 700mg/day**

**If the calcium intake is too low because the child doesn't regularly eat dairy products or foodstuff with added calcium, a calcium preparation may be needed to supplement the diet.**

## What does a person allergic to milk drink?



From the age of 1, children with dairy allergies can add soy or oat products to their diet, such as soy/oat milk, yoghurt and cheese. There are also soy- and oat-based creams and ice-creams that are perfect substitutes for dairy products.

Rice drinks are not recommended for children under the age of 6 due to rice containing heavy metals.

## Useful websites:

- [www.neuvokasperhe.fi/en](http://www.neuvokasperhe.fi/en)
- [www.thl.fi/en/web/lifestyles-and-nutrition](http://www.thl.fi/en/web/lifestyles-and-nutrition)

