

# Behaviours

Ideas to decrease sedentary behaviour, improve mealtime routines and sleep patterns



It is good for your mental and physical well-being to improve sleep, keep active and have good mealtime behaviours.

Limit time spent sitting, strapped in (buggies/cars etc) or watching screens



Turn off all screens and dim the lights an hour before bedtime



Make mealtimes happy, relaxed and sociable



Choose active gifts, such as balls or kites for birthdays or treats



Avoid caffeine (tea, coffee, cola), large meals, and sugary treats before bedtime



SCAN ME

Scan the QR code to see a video that explain healthy lifestyle habits for children and adolescents