



**Responsible
parents pay
attention to their
children's health.**

**In this brochure
parents can find
useful tips how to
raise awareness to
lead a healthy
lifestyle.**

BROCHURE FOR PARENTS

**WHAT A PARENT CAN DO TO RAISE A HEALTHY
CHILD**

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Tips for parents:

- **Promoting healthy eating:**

- Provide a balanced diet: Offer a variety of nutrient-dense foods, including lots of vegetables, fruits, whole grains, and lean proteins.
- Providing healthy snacks: Avoid processed, sugary snacks and offer fruits, vegetables, yogurt or nuts instead.

- **Encouraging regular physical activity:**

- Joint sports activities: Participate in sports together, such as cycling, swimming or a family walk in the park.
- Sports clubs and groups: Encourage your child to join sports clubs such as soccer, dance or karate.

- **Developing healthy habits:**

- Regular eating and sleeping habits: Observe meal times and ensure sufficient sleep for the child.
- Lead by example: Be an example of a healthy lifestyle, as children often follow their parents' habits.

- **Mental health support:**

- Open communication: Talk to the child regularly about their feelings and experiences and support them in their emotional needs.
- Stress management techniques: Teach them simple stress management techniques such as deep breathing or mindfulness.

