

# PRACTICAL ADVICE ON MAINTAINING HEALTH DURING THE COVID-19 PANDEMIC

## CHILDREN AND ADOLESCENTS



### Establish a daily routine for the family

Waking up, mealtimes and snacks, school work schedule, break times, exercising, entertainment and fun, and bedtime.



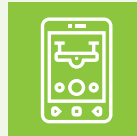
### Engage children and teens in making a shopping list and helping with meal preparation

to encourage healthier family meals, while helping kids learn budget planning and age appropriate kitchen skills.



### Prepare breakfast, lunch and snacks ahead of time

to ensure healthy options are available, to ensure portion control and to avoid grazing during the day.



### Limit passive screen time

With everyone at home, screens will be on! Limiting passive screen time will help strike a balance between educational material, entertainment and social activity.



### Prepare a daily water bottle

to ensure that children stay well-hydrated, to help track their water intake and to them help avoid misinterpreting thirst for hunger.



### Engage in physical activity as a family

incorporating physical activity breaks – flash dancing, stretching, jumping jacks, and dance breaks throughout the day, along with playing games and outdoor activities as permitted given COVID-19 restrictions.



### Out of sight, out of mind

Move sugary and salty snacks and foods into cupboards and keep them away to minimise children asking for them.

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