

Children's meal

Eating is the source of children's body and mind growth. Children's meal during childhood are also connected to their future's good health.



Things to watch out at home

- Let's enjoy eating together.
- Let's make a meal rhythm in a day, lots of playing and a regular meal rhythm.
- Let's give importance on what our child "wants to do" and "have done"
- Let's take light meals.

Benefits of light meals

- Supplements the nutrients obtained from three meals.
- Changes moods and stabilizes feelings.
- It leads to a good habit.

Let's decide time and quantity
1~2 yrs.old once in the morning
and afternoon
3~5 yrs.old about once in the
afternoon.



- Let's be careful of taking too much sugar



Beverages such as coke and juice contains a lot of sugar.
(Ex: coke and cider(350 ml.) contains 7 sticks of sugar,) dairy products such as milk and yoghurt, potatoes, vegetables and fruits are preferable snacks.



- Let's not take too much salt.

Let's make the baby food in a light taste. If they take too much salt, it may be difficult for them to understand the taste and it may lead to future's diseases.

Parenting information vol.3

Lifestyle habits for children to grow up healthy



It is important to prepare lifestyle habit from infancy in order for the child to grow up healthy. Sleeping, eating and playing are the center of the rhythm that sets lifestyle habit.

Aspect of activities of MIRAI Jr.



NPO MIRAI

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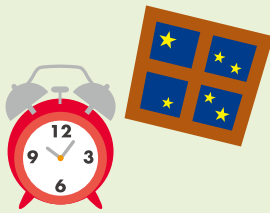
Multicultural parent-child support project, Mirai Jr.

MIRAI Jr. is a cheerful salon for gathering of parents with children ages 0 to 6 years old.

Child's sleep

Your child may be lacking in sleep.
Let's review our child's lifestyle.

- Wakes up later than 8 o'clock in the morning.
- Does not wake up independently in the morning.
- Does not always eat breakfast.
- Does not feeling well in the morning.
- Falls asleep during daytime.(from about 6 years old)
- Sleeping intervals falls down to every 2 hours.
- Sleeps later than 10 P.M. at night.
- Having difficulty in falling asleep always.



Sleeping time required for children

- 3 months ~ 3 yrs.old : 12~14 hours
- 4~5 years old : 11~13 hours
- 6~12 years old : 10~11hours
- 13~17 years old : 8.5~9 hours



Things to watch out at home



- Let's open the curtains when we wake up in the morning.
When we see the sunrise, the clock in the body will be reset.



- Let's eat breakfast well everyday.
If we eat breakfast, the clock in the stomach will starts to move and will warm you up.



- Let's let them play a lot in the daylight.



- Wake them up after a nap at 3:30 in the afternoon.
- Let's make the room a little bit dark 30 minutes before going to bed.

- Let's make a promise (parent and child) to go to bed at a fixed time. "Goodnight" ceremony also improves a good sleep.
For example: we recommend that you read picture books before going to bed until sixth grade

