

Health tips for PRESCHOOLERS



Go Outdoors

Spend at least **2 hours** a day outdoors to prevent myopia



Scan for an eye chart you can print and use at home!

Remember Observe safe management measures and stay safe!

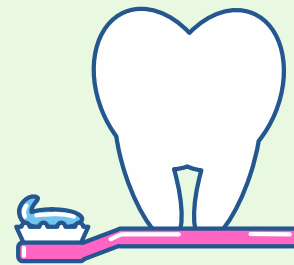


Brush & Floss for Healthy Teeth

Use a pea-sized amount of fluoridated toothpaste



Scan for Tips!



Check that smile

Look out for tooth decay



Scan to learn how!



Spend less time on near work

Take a break in between stretches of near work like reading or using the computer

Limit unnecessary entertainment screen time

Stay Active

Preschoolers need at least **1 hour** of moderate-to-vigorous activity a day



Have healthy meals

Wholegrains, protein, fruit and vegetables



Limit sweet foods and drinks



Scan to watch what happens if you don't!

Get Enough Sleep

Having enough sleep is important for your child's growth, mood and overall health



Visit www.goodsleep.sg for more tips on sleep