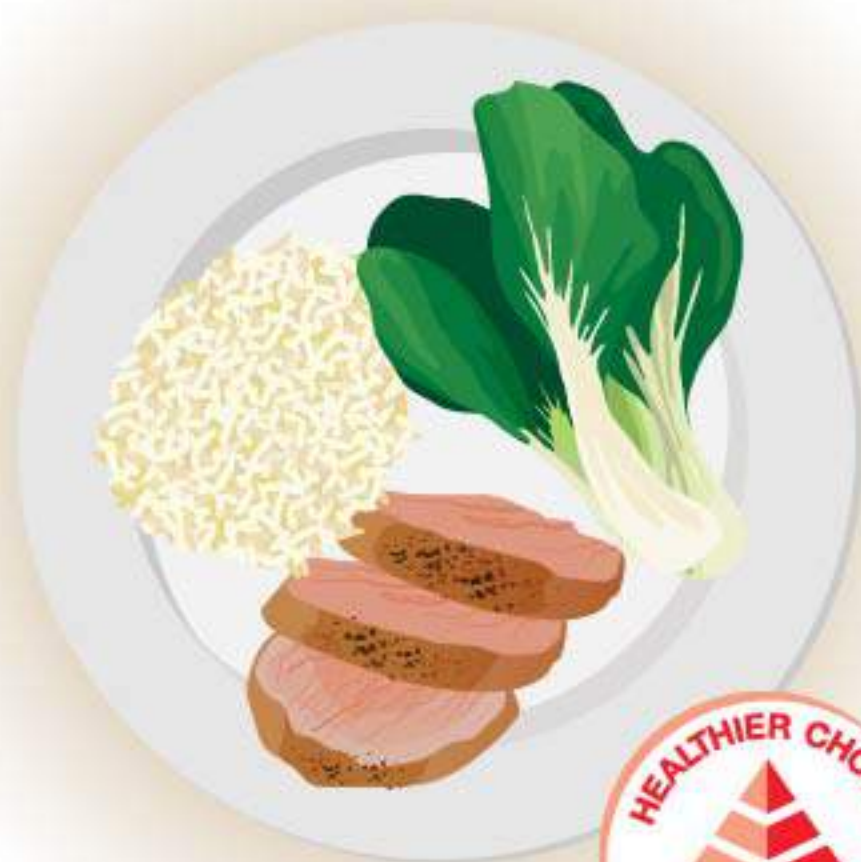




Keeping Children Healthy

A GUIDE FOR PARENTS

NUTRITION



Does my child's school provide healthier options?

Schools encourage a healthy diet by providing the following healthier options under the Healthy Meals in Schools Programme.

Click [here](#) to learn more.



IS FRIED FOOD SOLD IN MY CHILD'S SCHOOL?

Schools encourage a healthy diet. All meals served are less in saturated fat and oil as the canteen vendors are only allowed to use Healthier Choice Symbol (HCS) cooking oil. Deep fried food, pre-deep fried food and preserved food options are not allowed.

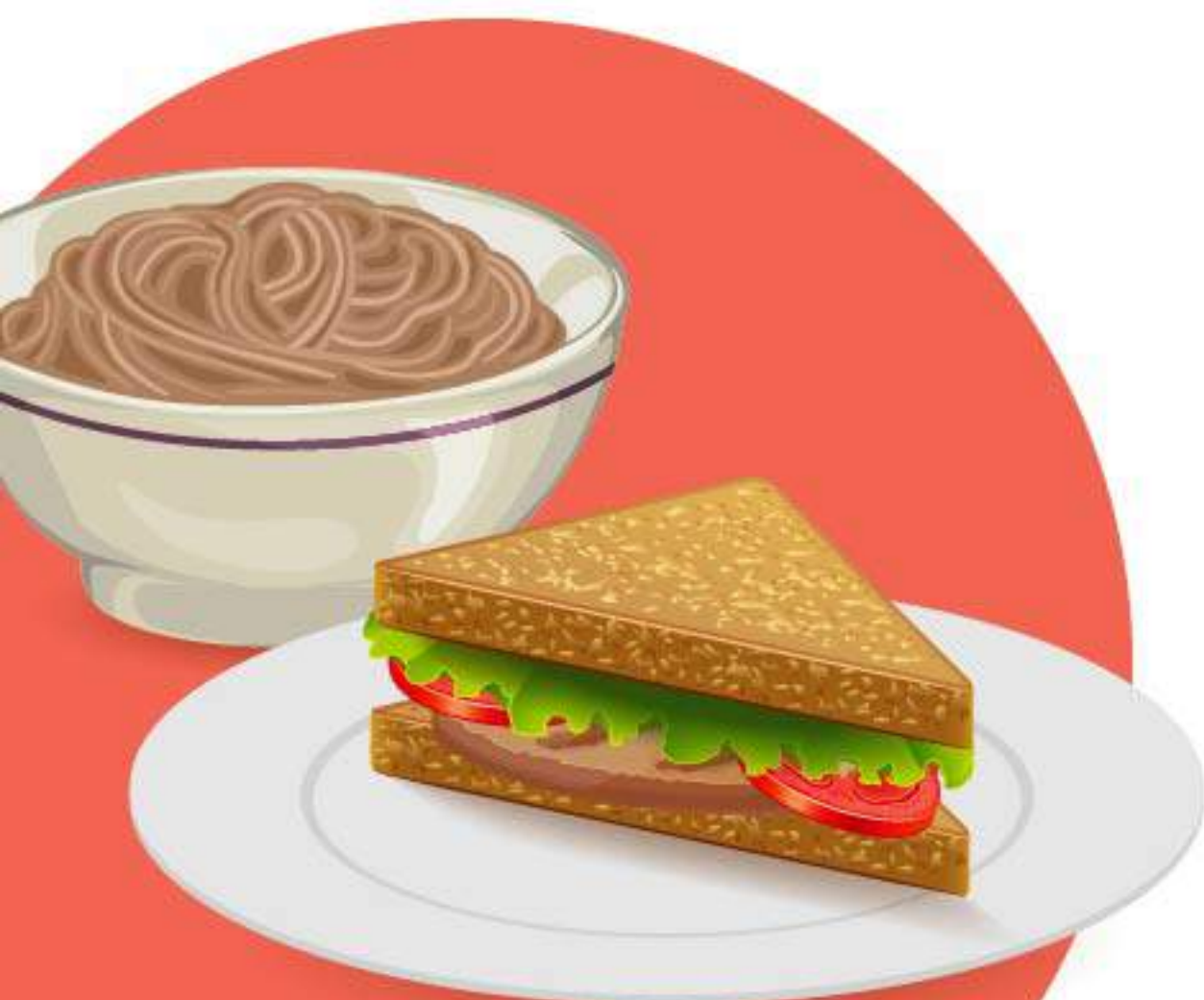
DO MY CHILD'S MEALS COME WITH HEALTHIER OPTIONS?

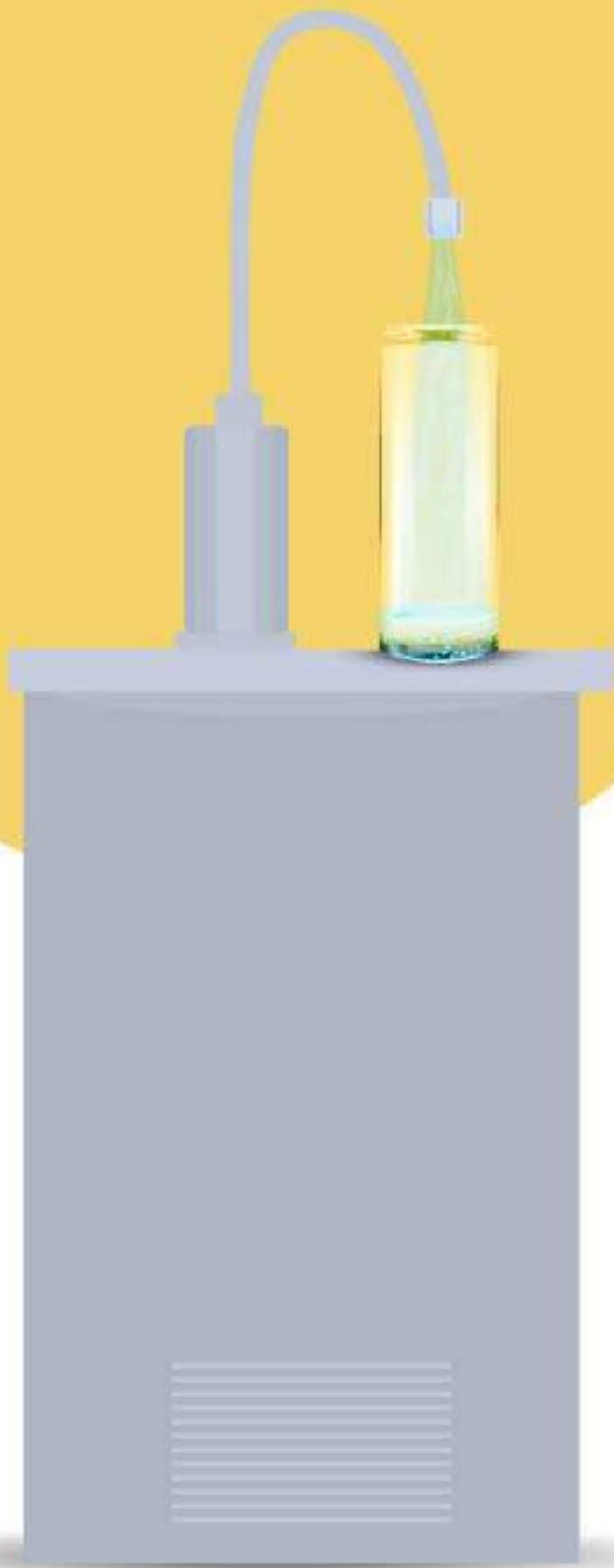
Every meal should come with 2 servings of vegetables and 2 servings of fruit.



DOES MY CHILD GET WHOLEGRAINS IN SCHOOL?

Wholegrains are available in every meal. 20% brown rice is included in all rice dishes and 100% wholegrains are included in most noodle dishes (where applicable). Students also have access to 100% wholegrain sandwiches in schools.





WATER

Water is the best choice. To encourage children to drink at least 6-8 glasses of water per day, it is made accessible through the designated water coolers in school.

MY HEALTHY PLATE

Your child also learns about the benefits of eating healthier with 'My Healthy Plate' and its nutrition components in schools.

Watch this [video](#) to learn more.



How can we continue healthy eating at home?



WHOLEGRAINS

Start by replacing a portion of carbohydrates with wholegrain options. For example, replace a portion of your white rice with brown rice or prepare half your sandwich with wholegrain bread.

Click [here](#) to learn more.

FRUIT & VEGETABLES

Eat fruits and vegetables of different colours (reds like apples, greens like spinach, oranges like mandarins, purples like brinjals, etc.) as they benefit different parts of your body.

Start with small portions of your child's favourite vegetables at every meal. Also, encourage a habit of eating fruit for dessert. To reduce time, you can choose fruits that do not need to be chopped.



WATER

Encourage your child to complete every meal with a cool and refreshing glass of water. You can make it more exciting by infusing it with fruits like grapes, blueberries and strawberries.



HEALTHIER CHOICE SYMBOL

Supermarkets can seem overwhelming. Always look for products with the Healthier Choice Symbol (HCS) as an easy way to identify healthier options.



**Healthier
options**
available here

HEALTHIER DINING PROGRAMME

When dining out, look out for the Healthier Dining Programme (HDP) symbol beside the dish to easily select healthier options for your child. They can be easily found in most food courts and restaurants.

For an extensive list of our Healthier Dining Partners, refer to [this](#).

How can we make a healthier lifestyle more exciting for my child?

Challenge them! Make choosing healthier options even more fun by trying out the 'Healthier Everyday Challenge'. If your child eats a wide variety of food all through the week, give them a reward at the end of the Challenge.

'Healthier Everyday Challenge'

SAMPLE MENU

1

Monday



WHOLEGRAIN RICE, CARROTS, APPLE

2

Tuesday



WHOLEGRAIN NOODLES, TOMATOES, GRAPES

3

Wednesday



WHOLEGRAIN BURGER BUNS, SPINACH, PEAR

4

Thursday



WHOLEGRAIN BREAD, MUSHROOMS, BANANAS

5

Friday



WHOLEGRAIN RICE, CARROTS, WATERMELON

6

Saturday



WHOLEGRAIN RICE, CARROTS, PAPAYA

7

Sunday



WHOLEGRAIN NOODLES, CABBAGE, HONEYDEW



MENTAL WELLNESS



Does my child's school offer any mental wellness initiatives?

To build strong mental wellness competencies in your child, schools plan a suite of mental health programmes such as the '**STAR Factor**' skit. It is targeted at upper primary students to help them manage stress better.

WHAT IS THE STAR FACTOR SKIT ABOUT AND HOW CAN WE CONTINUE THE LEARNING AT HOME?



S

SOME STRESS IS GOOD FOR YOU

Assure your child that some stress can be good for them, as it motivates them to do well. However, if they feel overwhelmed at any point, remind them to reach out to you or teachers for help.



T

TAKE CARE OF YOURSELF

Ensure your child gets enough sleep, eats well, and takes short breaks while studying. These breaks can help them recharge and return to their studies with refreshed minds.



A

ARRANGE YOUR STUDY PLAN

Come up with a study plan together with your child to help them visualise their study hours better. Do remember to schedule breaks and leisure time too.



R

REACH OUT TO A TRUSTED ADULT

Start by setting aside time for regular open conversations with your child. This allows your child to be more comfortable and willing to open up to you.

Is there anything else parents can do to help alleviate their stress?

Understand the situational changes your child is going through and the challenges they are facing such as relationships and exam stress. There may be times when you as a parent will need to adjust your expectations.



Encourage them to learn about stress-management tips and exercises, and choose those that suit them best. Click [here](#) to learn more.



Ensure they get at least 9 to 11 hours of quality sleep every day.

For more tips such as these, click [here](#).



SUBSTANCE ABUSE



Is my child learning how to say 'No' to substance abuse in school?

HPB offers schools interactive skits where students will learn about the ill effects of smoking and how to say 'No' to it. Students who have been caught smoking can also undergo a smoking cessation programme from HPB through the school.

Globally, the uptake of e-cigarettes, especially among youth, is a worrying trend. Existing evidence shows that the harmful chemical composition of e-cigarettes poses many health risks to users and non-users.

What should every parent know?

WHAT ARE E-CIGARETTES?

E-cigarettes have many names and are sometimes called 'e-cigs', 'vapes', 'vape pens', 'mods', or 'Electronic Nicotine Delivery Systems' (ENDS).

They are battery-operated devices that mimic the act of regular smoking by heating a liquid to generate an aerosol, which is inhaled by users, through a mouthpiece and exhaled as a visible vapour.

As such, using an e-cigarette is often called "vaping".



E-cigarettes contain nicotine, a highly addictive substance that can affect brain development in youth. There are also many cancer-causing substances commonly found in e-cigarettes such as formaldehyde, benzene, and heavy metals such as lead.



VAPING IS ILLEGAL IN SINGAPORE.

All e-cigarettes and their related accessories are prohibited in Singapore. Regardless of age, it is an offence to purchase, use or possess these products. Offenders can be fined up to \$2,000.

It is also an offence to advertise, import, distribute, sell, offer for sale or possess these products in Singapore. Offenders can be fined up to \$10,000, or face an imprisonment of up to 6 months, or both for first-time offenders.



HOW TO IDENTIFY AN E-CIGARETTE?

Click [here](#) to learn more about the common hiding places for e-cigarettes among students.



For the upcoming editions, look out for tips on how to detect if your child is vaping, unpack some of the common myths about vaping and where to seek help if your child is vaping.

HYGIENE



How do I teach my child to practice good hygiene throughout the day?

Teach your child to wash their hands with soap and water for at least 20 seconds in the following situations:



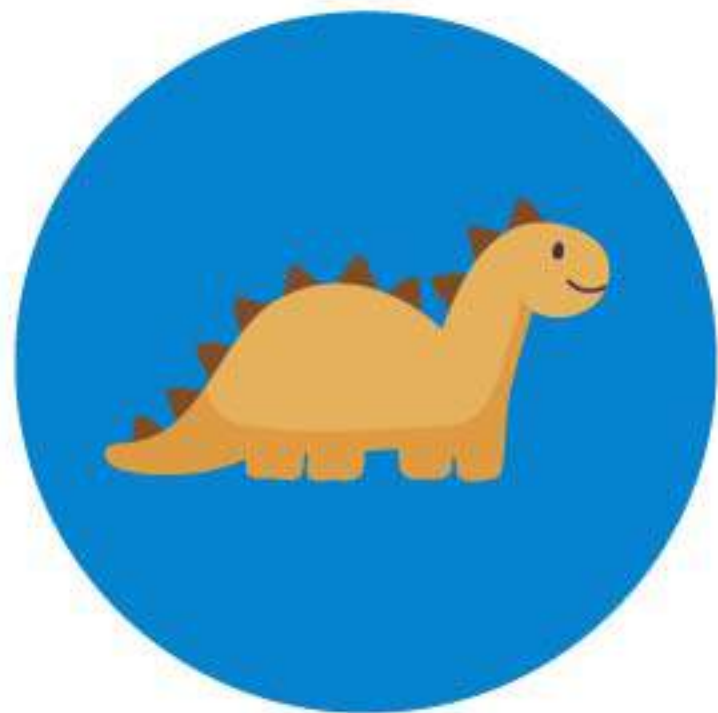
After using the toilet



Before touching their eyes, nose, or mouth



After blowing their nose, coughing or sneezing



After touching common surfaces like toys



Before and after eating food



Before and after putting on or taking off a face mask

Train them to follow these 8 steps when washing hands:



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe



When they do not have access to soap and water, encourage them to use a hand sanitiser with at least 60% alcohol instead and follow the same 8 steps.



you've g  t this!

For more parent resources, please visit ParentHub
at go.gov.sg/parenthub-prisch