



Oslo

Healthy habits for children

Physical activity is beneficial for the:

body:

endurance, mobility and strength

brain:

concentration and learning

mind:

self-image, self-esteem and well-being

- ▶ Children should be physically active at least 60 minutes every day
- ▶ At least three days a week, the activity should be hard enough to make the children breathe fast and their hearts pound
- ▶ Children should not spend too much time without any activity. Make sure to include some movement during longer periods of inactivity.
- ▶ Children are more likely to be physically active as adults if they have positive experiences with physical activity in childhood.
- ▶ Explore what makes physical activity fun, by playing together with your children.
- ▶ Physical activity promotes the development of motor skills. Encourage children to move in a variety of ways during their active play.



Recommendations for a healthy diet

Choose more

- vegetables, fruit and berries
- fish and fish products

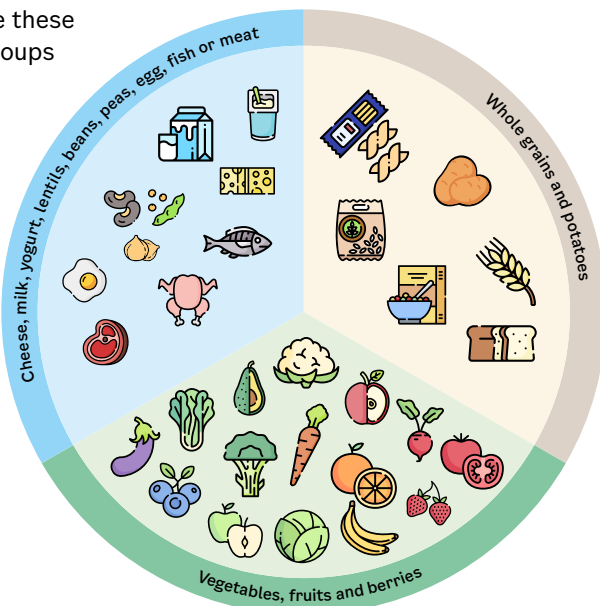
Substitute

- refined grain products with whole grain products
- butter with cooking oils and soft margarine
- high-fat dairy products with low-fat products
- sugary drinks with water

Choose less

- red meat and processed meat
- salt and foods that are high in salt
- sugar, sugary drinks and candy

Try to include these
three food groups
in every meal





® The Keyhole symbol makes healthy choices easier. Compared to other foods of the same type, products with the Keyhole symbol contain less fat, sugar and salt and more fiber and whole grains.



Choose bread marked with three or four dark fields on the scale. The scale shows how much whole grain and bran the bread contains.

Healthy teeth

Having a regular teeth-cleaning routine is necessary for good dental health. Brush the children's teeth with toothpaste twice a day – morning and evening – as soon as the first baby teeth breaks through.

Assist children with brushing their teeth until they are able to do it themselves, usually at the age of 10. Ask the dental clinic if you want to know if the dental health is good enough. The dental clinic for children is free.

Vitamin-D

A varied diet gives children an adequate amount of all the vitamins and minerals they need, except for vitamin D.

The recommended daily intake of vitamin D per day is 10 micrograms (µg).

Children over 12 months of age should receive supplementation in the form of Vitamin D drops or cod liver oil. One teaspoon of cod liver oil contains approximately 10 micrograms (µg) vitamin D.

There are separate recommendations for children under 12 months of age. You can read the recommendations at helsenorge.no

Sleep

Sleep is important for children's development, immune system and learning ability. How much sleep each child needs vary widely between children.

Recommended amount of sleep:

- 11-14 hours for children 1-2 years
- 10-13 hours for children 3-5 years
- 9-11 hours for children 6-13 years

If children have trouble falling asleep, creating a positive bedtime routine might help them fall asleep faster and wake up less at night. You can find more information on bedtime routines at helsenorge.no

If you have any questions about topics in this leaflet, please contact your local health clinic, school health service or dental clinic. You can find the contact information at oslo.kommune.no