

ACTIVITY

Fun In different environments Short-term and long-lasting

Playfulness Diverse Daily outdoor activities

Together with family **Adults as encouragers**

Small acts of everyday life Light and heavy

Every day Fast-paced and calm

Avoiding long sitting periods

Proper clothing for physical activity



NUTRITION

Together with family

Healthy and varied

Low-fat and unsweetened dairy products

High-fiber whole grains

Soft fats

Vegetables, fruits or berries at every meal

Enough sources of protein

New flavors

Limited sugar and salt

Enough fluid

REST

Sufficiently

Restful

Quality sleep

Both deep and light

The child wakes up refreshed and cheerful

Nap or rest if necessary

Calming down and familiar safety habits before going to sleep

Screen time limitation

Good sleeping environment

