

THE PLAYFUL POST



IN THIS ISSUE

Ensuring Your Child Follows a Balanced Diet

Why is Your Child Falling Sick?

Measures to Prevent Sickness

PROPER LEARNING CAN NOT HAPPEN ON AN EMPTY TUMMY

Packing your children's lunch for school with something they like which at the same time is healthy too, can be a challenging task. Here are a few things you can do to make a healthy lunch more enjoyable:

- Pack a Balanced Lunchbox: Try to include all of the forms of food groups for a variety of nutrients.
- Cook With Your Kids and Instill a Nutritious Lunchbox Sense in Them: Make preparing and cooking meals a fun and family activity for your kids.
- Parents Should Make Healthy Food Choices: Remember, kids, learn from us by observation. If we make unhealthy food choices and lead inactive lives they will naturally take this to be normal behavior.



Thought of the Month:

"We make a living by what we get, but we make a life by what we give."

- Winston Churchill



WHY IS YOUR CHILD FALLING SICK?

It's all part of childhood, says paediatrician Dr Salwa Abdhah Mostafa from Brightpoint Royal Woman's Hospital, and is a necessary stepping stone on the road to building up their immunity. "A young child's immune system has not been exposed to many infections, so they are more prone to illness than older kids and adults, who have built up immunity to many germs," says Dr Mostafa. "Furthermore, toddlers and pre-schoolers tend to touch everything, put their hands in their mouths and play closely to each other, so it is really difficult to control spread of infection."

If your little one ever socialises with other children it's inevitable they're going to pick up a bug or two from time to time.



HEALTHY MINDS, HAPPY SMILES: Measures to Prevent Sickness

- **Lead by example:** Children learn a lot of their behaviour from their parents so if you take an active role in making sure that they know how to keep clean, it will stand them in good stead.
- **Keep a well-rounded lifestyle:** Eating a balance of fruits, vegetables and protein as well as getting the right amount of rest and exercise is significant for a child's health.
- **Give them a day off:** Even if you take every precaution, your child is going to get unwell at one point or another, so it's important to allow them the right time and space to rest.

UPCOMING EVENTS

FIRE DRILL- 3rd October

Global Handwashing Day- 15th October

World Food Day- 16th October

Colour Days- 27th - 31st October

THEMES OF THE MONTH

Babies: Building Blocks, Magic Box, My Family, Puppet Shows, Big Flash Cards, Bubble Play, Circle Time

PG I: My Family: Brother & Sister, My Body, My Senses: Touch

PG II: My Senses, My Family, My Emotions

FY: My 5 senses, My Emotions & Self-Portrait, Diversity, Primary Colours