

8 Healthy Habits

Get enough sleep

Recommended over 24 hours:
10-13 hours for 3-5 years;
Recommended per night:
9-11 hours for 5-13 years;
8-10 hours for 14-17 years.



Drink water instead of soft drink, juice or cordial



Aim to eat at least 5 portions of vegetables and 2 portions of fruit every day.

For 2 year olds, eat 2- 3 portions of fruit and vegetables daily. For 3-4 year olds eat 4-5 portions of vegetables and fruit daily.



Start each day with a healthy breakfast



Be active for at least 1 hour a day, every day (180 mins per day broken into shorter blocks for <5 years)



Limit screen time

and take movement breaks after 30 mins of sitting.
No more than 1 hour a day for 2-5 year olds, and up to 2 hours a day for children 6 years and older.



Use child sized portions



Choose healthier snacks and fewer treat foods