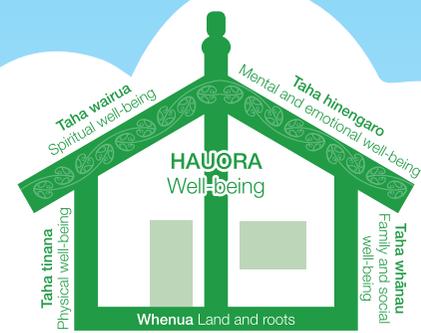


TODAY YOU WERE SEEN BY:

TINANA ORA MŌ NGĀ TAMARIKI PHYSICAL WELLBEING FOR CHILDREN

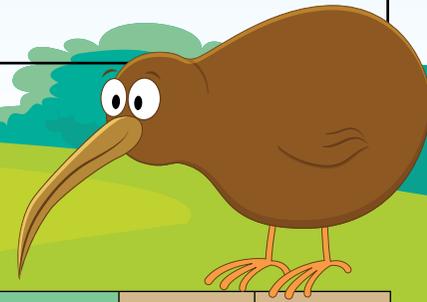


		Not Yet	Sometimes	Mostly	Always
T	Togetherness – eat together as a whānau				
I	Inu – keep water as the main drink/reduce sugary drinks				
N	Not too much kai – portion sizes				
A	Activity at least 60 minutes daily				
N	Not too much screen time, less than 2 hours daily				
A	Always have a healthy breakfast/parakuihi				

O	Once a week or less for takeaways				
R	Rest – Sleep 10–12 hours				
A	Always eat your veggies, 5+ a day				

Name:	Date:
Goal:	

WHĀNAU GOALS TICK YOUR GOALS HERE



	Rāhina	Rātū	Rāapa	Rāpare	Rāmere	Rāhoroi	Rātapu
Week 1							
Week 2							
Week 3							
Week 4							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

TINANA ORA MŌ NGĀ TAMARIKI

T Togetherness – Eat together as a whānau



It's good being together

- Sit around a table (or together) for meals.
- Decide on a time that will work best for everyone.
- Consider after school/work activities.
- Turn off the TV and phones.
- Cook one meal to serve to everyone (no multi meal cooking).
- Eat together for good communication within families.
- Remove bread from the table, or reduce the amount offered.
- Add a jug of water and a platter of raw vegetables.

A Activity at least 60 minutes daily



Think huff 'n puff activity

- Do something active as a family in the weekend. Go for a walk outdoors or play at the playground.
- Join a club together: karate, squash, badminton, waka ama, kapa haka.
- Have a family game of soccer or softball.
- Park further from the school or shops.
- If the journey is less than 2 km, leave the car at home.
- Plan ahead for next seasons sports.
- Keep a bag of active equipment handy for outings or when visiting friends/whānau.
- Activity can be broken into 10–15 min 'chunks'.

O Once a week or less for takeaways



Aim for most food to be prepared at home

- Eat takeaways less than once per week.
- Takeaways include bakery type lunches such as pies/slices/savouries.
- Talk with the family about what home-cooked meals are liked the most.
- Plan a dinner menu.
- Write a list for the food shopping.
- Share the cooking duties.
- Plan home made lunch combos with the children, and stick these on the fridge.
- Keep takeaways as regular servings; avoid upsizing.

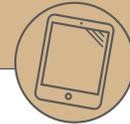
I Inu – keep water as the main drink/reduce sugary drinks



Sugary drinks are not for every day

- Take cordial, fizzy drink, sugary drink sachets and flavoured milk off the shopping list.
- Offer cold water from the fridge often.
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine.
- Buy a new water bottle to keep water tasting fresh.
- Flavour water with lemon or berries or mint.
- Pack your own cold water when you go out.
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink.

N Not too much screen time, less than 2 hours daily



Encourage the kids to be up and active

- Limit screen time to less than two hours a day.
- Screen time includes TV, computers, game consoles, phones, i-pads, tablets etc.
- Replace screen time with active time.
- Plan screen time in advance. Talk about how much and when.
- For every 30 minutes of screen time take a 10 minute activity break.
- Make the bedroom a screen free zone. This is a great way of monitoring what the kids are doing.

R Rest – Sleep 10–12 hours



Getting plenty of sleep helps with weight management, feeling good and learning

- Decide on a suitable bedtime to allow enough hours of sleep.
- Have a regular bedtime routine.
- Create a quiet space for sleep without distractions.
- Remove electronics from the bedroom (TV, playstation, computers, tablets and phones).
- Aim for a gap between eating and bedtime. Two hours is best.
- Plenty of physical activity during the day helps kids with sleep.

N Not too much kai – portion sizes



For age appropriate portions

- Use child's hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables.
- Try the ¼, ¼, ½ rule when serving the dinner meal (ie ¼ plate potato or rice or pasta (carbohydrate), ¼ plate meat or meat alternatives (protein), ½ plate colourful vegetables).
- If including bread in the dinner meal, reduce the other carbohydrate choice.
- Choose smaller bowls and dinner plates if you can.

A Always have a healthy breakfast/parakuihi



Essential fuel for the body to start the day alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams, Weetbix or porridge are great choices.
- Chop up some fruit and top with yoghurt.
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer.
- Find a buddy to eat breakfast with.
- Stop eating/snacking after dinner so you wake up ready to eat healthy food.
- Eat together as a family more often.

A Always eat your veggies, 5+ a day



Vegetables and fruit are essential every day

- Aim for at least three handfuls of colourful vegetables every day.
- Eat a piece of fruit at breakfast and also pop one in the lunchbox.
- Cut up fruit or carrot sticks for after school.
- Thread bite size pieces of fruit onto a kebab stick.
- Have a dip with raw carrots, broccoli, cauliflower pieces.
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup.

PHYSICAL WELLBEING FOR CHILDREN

