

PARENTING TIPS: PRE-SCHOOLERS (3-5 YEARS OLD)

As a parent you give your children a good start in life - you nurture, protect, and guide them.

Read to your child daily and visit libraries or bookstores to develop their love for books.



Let your child help with small tasks to develop confidence.



Be clear when you say what is okay and not okay.



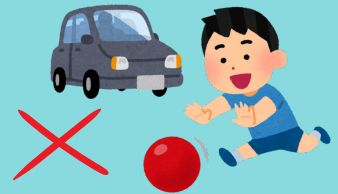
Talk to your child using full sentences for them to learn to speak.



Offer your child simple choices, like what to wear, when to play, or what to eat.



Teach your child to stay out of traffic and never play in the street or chase stray balls.



Teach your child to swim and always watch them near any water, even kiddie pools.



Make sure your child wears a helmet when riding a tricycle to prevent head injury.



Check the playground for anything broken or sharp to avoid injury.



Teach your child how to be safe from strangers.



Show your child what to do when they are upset so that they learn how to solve a problem.



Eat meals with your child and model enjoying fruits, veggies, and whole grains.



Give your child age-appropriate toys and let them choose to make active play fun.



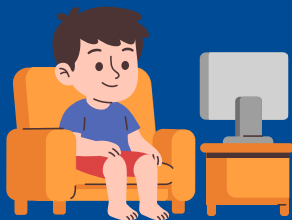
Ensure your preschooler (3-5) gets 10-13 hours of sleep daily, including naps.



Limit your child's intake of foods and drinks with added sugars, fats, and salt.



Keep TVs out of your child's room, and limit screen time to **1 hour** daily.



Scan the QR code to read more!



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.