

Queensland Child and Youth Clinical Network

The big five

The five key behaviours to encourage and support a healthy lifestyle in children

Sustainable change is achieved when the whole family participates in healthy behaviour changes together. Children model behaviours from their parents, therefore involving the whole family allows for quality time together and ensures that consistent healthy behaviours are demonstrated.

1. Make water your child's drink of choice

- Freezing water bottles or using colourful cups and straws can increase the motivation for children to drink water. Visit www.growinggoodhabits.health.qld.gov.au/children for more strategies to help increase water consumption.

2. Encourage family meal time with screens switched off

- Meals at the dining table highlight the importance of bonding as a family and encourages mindful eating.

3. Do 60 minutes of physical activity daily

- Physical activity is about getting the body moving, and can include fun games, walking the dog, organised sports or helping with housework or gardening.
- Encourage walking instead of car trips and stairs instead of elevators.
- Visit www.growinggoodhabits.health.qld.gov.au/events for fun, family-friendly activities.



4. Limit non-academic screen time to less than two hours each day.

- Set some simple ground rules like no screen time in the bedroom or at the dinner table.
- Visit www.growinggoodhabits.health.qld.gov.au/teenagers for more strategies on limiting screen time.

5. Reduce intake of takeaway and fast food

- Cooking at home is a great opportunity to get children in the kitchen. Try swapping takeaway foods for homemade options. Pizza is a popular and delicious food that can be much healthier if made at home. Use a thin pizza base (eg. wholemeal wrap), low-fat meat and cheese, and lots of vegetable toppings.
- If you do choose to have takeaway choose a stir fry, sandwich or a salad with lean meat and low-fat sauces or dressings.
- Visit www.growinggoodhabits.health.qld.gov.au/recipes for healthy recipe ideas.

